



An Independent Licensee of the Blue Cross and Blue Shield Association

## ***My BluePrint Wellbeing Assessment*** **Patient information to enter online**

The ***My BluePrint Wellbeing Assessment*** is available to all members upon logging in to [azblue.com](http://azblue.com) and selecting the **Health and Wellness** tab. Click on “**Take Your Wellbeing Assessment**” and enter your current health information. After you complete the assessment, you will immediately receive your results and some helpful tips. Below is some information you might need to get from your doctor before you start your assessment.

<b><i>My BluePrint Annual Wellbeing Assessment Information</i></b>	
Member Name:	
Height* (feet, inches)	
Weight* (pounds)	
Waist* (inches)	
Blood Pressure* (mm Hg)	
Total Cholesterol* (mg/dL)	
HDL Cholesterol* (mg/dL)	
LDL Cholesterol (mg/dL)	
Triglycerides (mg/dL)	
Blood Glucose* (mg/dL)	

\* Required information