

Directions for completing and submitting proof of your General Health Assessment from regence.com

Do Not Submit any Personal Health Information

1. Login to regence.com – You will need to create an account if you have not already done so.
2. At the bottom of the member dashboard screen you will find a link to “wellness Tools” follow that link.
3. In the top left you will see a box labeled “Take Action Now” you will select the option labeled “Know Your Health Status”

This will open the General Health Assessment (GHA). The GHA will ask you a number of question about your current health habits as well as your plans to change. At the end it will ask you to enter certain lab results. If you have access to current lab results you may want to enter those for a more accurate health assessment but you are not required to.

Once you have finished the GHA, either print out and scan the completion screen or take a screen shot of it and submit it through the submission page.

Your completion page will look like this.

The screenshot shows the Regence website interface. At the top left is the Regence logo with the tagline "BlueCross BlueShield of Utah". On the top right, the user name "JUSTIN" is displayed along with links for "home" and "Sign out". Below the logo is a navigation menu with tabs for "Health", "Wellness", "Nutrition", "Exercise", "Rewards", and "My Profile". Under the "Health" tab, there are sub-links for "General Health Assessment", "Health Logs", "Screening Results", and "Health Library". Below this, there are links for "General Health Assessment Report", "Health Articles", and "Risk Advisor". The main content area is titled "General Health Assessment Certificate of Completion". It includes a thank-you message, the user's name "JUSTIN JACKSON", and the completion date "August 14, 2015". There are two buttons: "Print Certificate" and "Identify Primary Risks". A disclaimer is provided at the bottom of the main content area, and a footer contains "Contact | Terms of use & privacy" and a copyright notice for 1996-2015 Cerner Corporation.