

Summary of features

The Health & Wellness Companion web site is divided into four main sections: a home page, assessments, personal health record and health library.



Health risk assessments

Interested in maintaining or improving your health? Use these easy-to-use tools to help you assess your health, target health risk factors and track improvements over time. There are also specific assessments on nutrition, smoking, sleep, alcohol consumption, depression, stress and physical activity. The initial assessment takes just 15 minutes to complete. The health assessment itself is divided into four main sections: personal information, lifestyle, medical history and stress and well-being.



Comprehensive health library and drug information database

Have a question or concern, or need some information? This section contains a database of medications, diseases and conditions as well as a wide range of articles, links and information on thousands of topics regarding conditions, tests, treatment options and more.



Personal health record

Want a place to keep track of your health information? This centralized information system enables you to consolidate, manage and store your personal health information within a secure and confidential environment.



Monthly health news updates

Interested in getting more information? Here you'll find news on a variety of health topics with a changing monthly focus highlighting particular topics of interest.

Use the site today—and get a chance to win some great prizes!

Try the **Alberta Blue Cross Health & Wellness Companion** today, and you'll have an opportunity to win some great prizes. All Alberta Blue Cross plan members who register and complete the initial health assessment **by March 31, 2009**, will have their names entered in a draw to win one of thousands of dollars worth of prizes—ranging from fitness equipment and mountain bikes to sporting goods gift cards and MP3 players. Draw prize winners will be contacted directly by Alberta Blue Cross.

So don't delay, start using the Health and Wellness Companion today! And watch the site for more exciting contests coming in the future.

If you require assistance...



If you require technical assistance while using the Alberta Blue Cross Health & Wellness Companion web site, please use the Contact Us link at the bottom of the web page for assistance. There is also a list of Frequently Asked Questions available through this link.

For general information about the Alberta Blue Cross Health & Wellness Companion or if you have questions about your Alberta Blue Cross coverage, please contact Alberta Blue Cross Customer Services.

1-800-661-6995 (toll-free)



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Information for group plan members

Welcome to the Alberta Blue Cross Health & Wellness Companion



Guiding you towards a healthier life.



www.ab.bluecross.ca



Guiding you towards a healthier life.



Using the Health & Wellness Companion is easy

How to register

- 1 To access the Alberta Blue Cross Health & Wellness Companion, just visit the web site at **www.ab.bluecross.ca**.
- 2 Register by entering your group, section and identification numbers, which are found on your Alberta Blue Cross ID card. If you have an Alberta Blue Cross Health Spending Account but do not have health and dental coverage, just refer to your ID card and enter "HSA" in the area that asks for the section number.
- 3 You will then be taken to the Health & Wellness Companion registration page, where you will be asked to review and accept the Terms of Use.
- 4 Create your profile including a personal ID and password, then enter the site. You may wish to record your personal ID and password and keep them in a safe location for future reference.



Most of us know that we could be doing more to maintain our health. For some of us that could mean getting more exercise or taking steps to reduce the stress of our daily lives, while for others it could mean cutting down on fast food, quitting smoking or simply getting more sleep.

As an organization committed to supporting the health of Albertans, Alberta Blue Cross recognizes the importance of leading a healthy lifestyle. Being more aware of our health as individuals can help us to make positive lifestyle choices.

With this in mind, we are pleased to introduce the **Alberta Blue Cross Health & Wellness Companion**, a set of comprehensive online health risk assessment tools and health and wellness information resources designed to help you maintain your health. This new benefit is provided to you in conjunction with your Alberta Blue Cross group benefit plan.

The Health & Wellness Companion is a user-friendly Internet web site that offers a variety of helpful resources including health risk assessment tools, personal health record, health resource library and prescription drug information database. The site is secure and user confidentiality is protected.

All you need access this site is a computer with Internet access, and your valid Alberta Blue Cross ID card.



Once you have registered for the site, we recommend completing the overall health assessment. You may then use the site on an ongoing basis to help monitor your health as well as to access resources to support you in maintaining and improving your health.

Credible health information...at your fingertips

There's a lot of health information on the Internet, but how do you know what's accurate—and what isn't? The Alberta Blue Cross Health & Wellness Companion provides you with **accurate information that you can trust**. The site is designed and maintained on behalf of Alberta Blue Cross by Practice Solutions, a subsidiary of the Canadian Medical Association.

