

Health portal

blueprint

Wellness

Resources for living a healthier life

Healthy living is a combination of many things, including good nutrition, exercise, sleep, mindfulness, mental health and more.



You can create a personal plan for healthy living and find a host of free tools and resources on our health portal.



Wellbeing assessment

Answer basic health questions to see a snapshot of your total health and wellness and the opportunity to set tangible goals to improve.



Action plan

Create and manage wellness goals related to exercise, tobacco cessation, stress or other topics.



Points tracker

See real-time progress toward wellness goals and earn credits for your wellness activities, milestones and challenges.



Library

Browse a wide-ranging library of health information on various health and wellness topics, medical conditions, etc. Compare treatment options, medicines, use a symptom tracker and more.



Coaching

Some health plans include coaching for tobacco cessation, lifestyle management or a 24/7 nurse line. Ask your health plan administrator if you're eligible.

Talk to your health plan administrator to see what's available on your company's health plan.

Interested in exploring the health portal? Log in to Blueprint Portal at blueprintportal.com, select **Health & Wellness** and then **Health portal** to access the site. Once there, take the assessment or explore other tools and resources available to you.

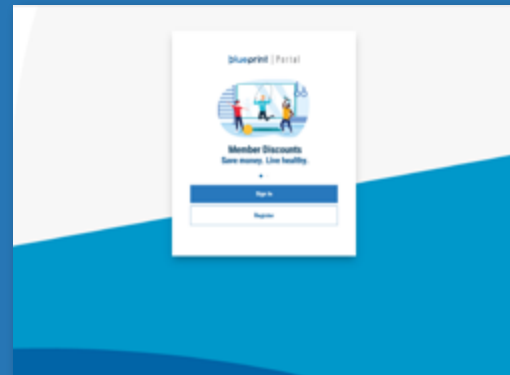


Arkansas
BlueCross BlueShield

An Independent Licensee of the Blue Cross and Blue Shield Association

Not registered for Blueprint Portal?

1. Go to blueprintportal.com
2. Select **Register**.
3. Follow the instructions. All you need is your:
 - Member ID or the last four digits of your Social Security number
 - Name
 - Date of birth



Blueprint Portal gives you access to the health portal, Blue365, claims information, ID cards and more.



Deep discounts on health and wellness

Blue365® gives Blue Cross and Blue Shield members deals and discounts on healthy living.

- Log in to Blueprint Portal at blueprintportal.com
- Choose **Healthy deals and discounts** (under Health & Wellness)
- Shop for workout gear, shoes, wearables, gym memberships, meal subscriptions and more

Save money and live healthier with Blue365.

