



Take your first little step toward better health

Support to help you live, work, play and feel better.

Welcome to the BlueHealth Advantage Premium Wellness Program, NACO's Wellness Program that provides tools, resources and support to help you live better. Work and play better. Feel better.

The BlueHealth Advantage Premium Wellness Program is designed to help you achieve your health goals and live fully.

Take advantage of everything the program offers!

Better health and well-being can start at www.nebraskablue.com/fitness. The website offers an easy, intuitive experience that launches you on a personal, fun wellness journey. You choose how you want to interact—by computer, tablet or phone—then, discover how the website can help you:

- **Keep your health goals front and center** with tools that are easy to use and simple to access, including:
 - Health trackers for nutrition, exercise, and weight management—to name a few
 - Wellness calculators to measure BMI, calorie burn, nutrition, target heart rate and more
- **Stay updated and connected** to the things and people that encourage you to live your healthy best with:
 - Direct links to your health assessment, and other essential wellness resources
 - Access to relevant, timely messages, activity feeds, and information on your top wellness goals
- **Earn healthy rewards**
 - When you participate in the [BlueHealth Advantage Premium Wellness Program](#), you can earn a \$25.00 visa gift card by completing the Health Assessment by October 31, 2017.

Start today!

Log in at www.nebraskablue.com/fitness. It only takes about 15 minutes to complete. See the following pages for instructions on how to get started.



Account Setup

Eligible employees can set up their account anytime during the program timeframe. Beginning September 1, 2017, go to www.nebraskablue.com/fitness and follow the steps below.

> New Users:

If you did not participate in the 2016 program, you will have to set up your account using the following steps. Please note: If you are a new employee, you can set up your account within 14 days of your hire date.

1. Click "Set Up Account" and enter your first and last name and date of birth.
2. Enter your Unique ID, which is a combination of the following information.
Unique ID number: YEDMMDDYYYY01234P

YED	MMDDYYYY	01234	P
Alpha prefix for group	Date of Birth	Employee's last 5 digits of their SSN	Primary

3. Click the "Continue" button.
4. After you have created your account, complete the health risk assessment located under the "To Do" section.

> Returning Users:

1. For returning users, log on to the portal utilizing your username and password.
2. Complete the health risk assessment located under the "To Do" section.

Technical Support

Log-in support is provided by Health Fitness, Monday through Friday, 7 a.m. to 7 p.m. (CST). For login support, help navigating the website or assistance with the online health assessment, call toll-free 1-866-500-5922 and press 1.



Get Started

Step 1: Complete Health Risk Assessment

Get a snapshot of your current health status by completing your online health assessment. This is a way to gain valuable feedback in determining your personal health and well-being goals for 2017.

Step 2: Start Exploring

Schedule and attend a screening; complete a new health assessment; learn more about the [BlueHealth Advantage](#) wellness offerings; and explore the various features of the website.

Your Privacy is Important

The BlueHealth Advantage Premium Wellness Program is offered at no cost to you. And, it's voluntary and confidential. No one, including your employer, can obtain your personal information without your permission.

Questions?

Visit www.nebraskablue.com/fitness or contact Judd Allen at 402-650-7700 or judd.allen@nacone.org