

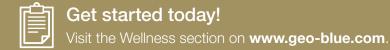
Global Health Assessment

Complete the global health assessment to gain insight on your current health and wellness. Then work to increase your wellness by using one of the online programs focused on fitness, weight, smoking and stress.

Access these key features via your computer:

- Global health assessment
- Personal and confidential health report with recommendations for improvement
- Instructional videos, slideshows and quizzes
- · Secure communication with a wellness coach

If you would like to discuss wellness goals and your global health assessment results with a wellness coach, email **contactacoach@wellness-assist.com**. If you have concerns about a specific medical issue, contact us via the number on the back of your ID card or by email through the GeoBlue Member Hub or mobile app.



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Services are provided by WorkPlace Options, an independent company that is not affiliated with GeoBlue and does not provide Blue Cross or Blue Shield products or services. WorkPlace Options is solely responsible for referring participants for counseling, coaching and work-life services and health assessments by providers who are appropriately licensed by local authorities. The evaluation and efficacy of any service delivered by a provider lies solely with the employee, spouse, dependent or other authorized party who inquires on behalf of those or other participants. GeoBlue shall have no responsibility or liability whatsoever for any aspect of the provider counseling, coaching, work-life services and health assessments or other similar services, or the counselor/participant relationship.

Brought to you by the international healthcare experts at **GeoBlue**.

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