



**BlueCross
BlueShield®**
Global



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.



Get started today!

Visit the Wellness section on www.geo-blue.com.

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