

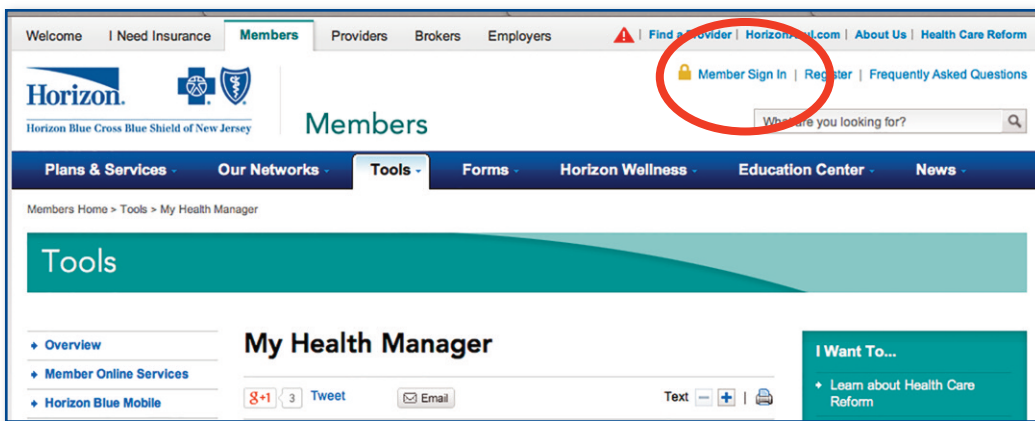


Managing Your Health with Horizon BCBSNJ's Health Assessment Tool

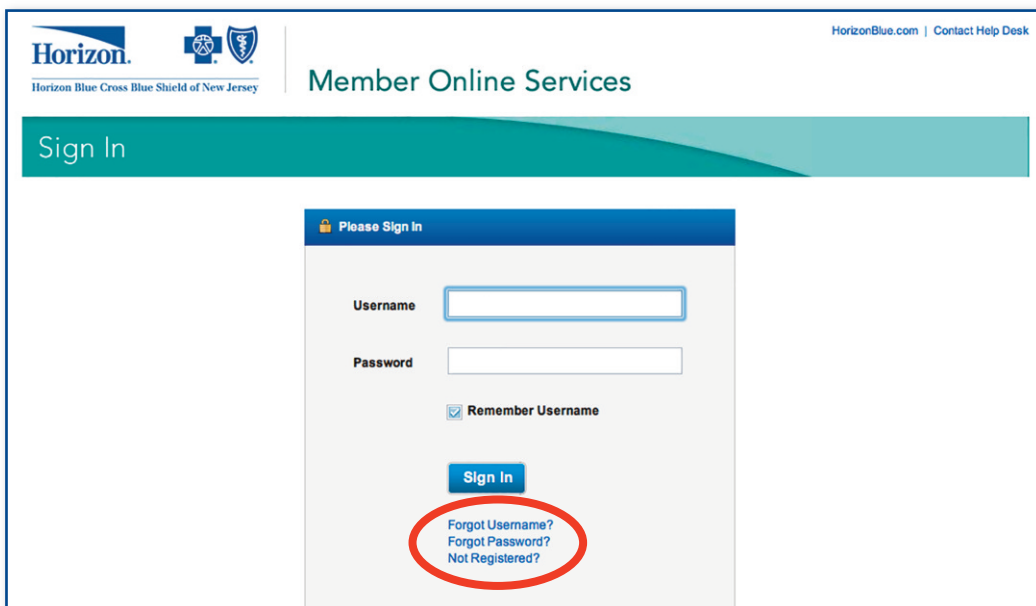
To help you get and stay healthy, Horizon Blue Cross Blue Shield of New Jersey offers a unique Health Assessment Tool (HAT), powered by WebMD®. The HAT is designed to give you a picture of your current health status, and to help guide you towards improving your well-being. Using the HAT is easy. Just input some numbers and answer a few questions. Based on your responses, you'll be given an assessment of your current wellness state and tips to improve your health. Just follow the steps below to use this important tool. The assessment is confidential and your answers will not affect your benefits.

1 | Visit HorizonBlue.com/mhm.

Go to *Member Sign In* and click *Sign In*.

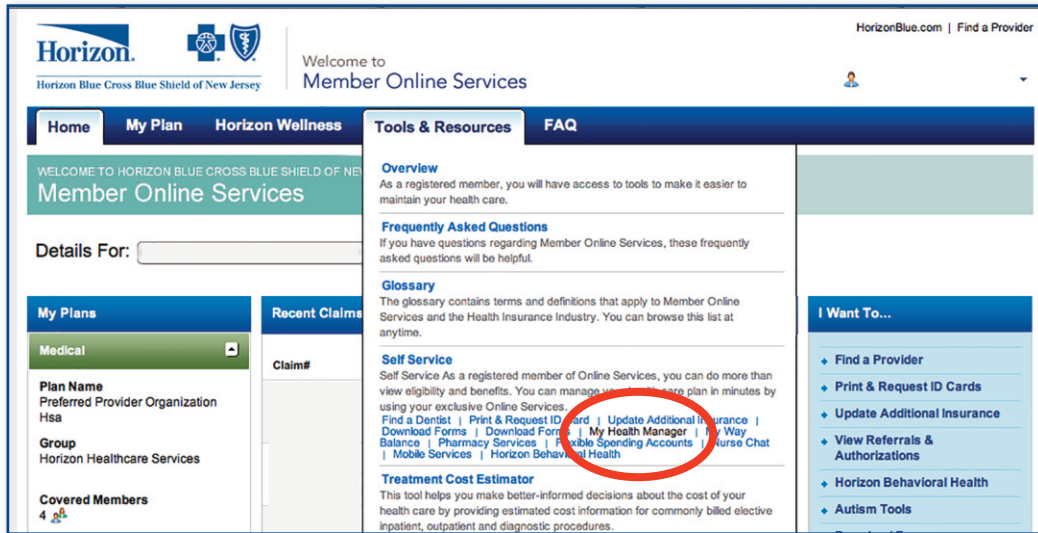


Enter your Member Online Services user ID and password. If you do not have a user ID and password, select *Not Registered?* and follow the on-screen prompts. Member Online Services is secure.

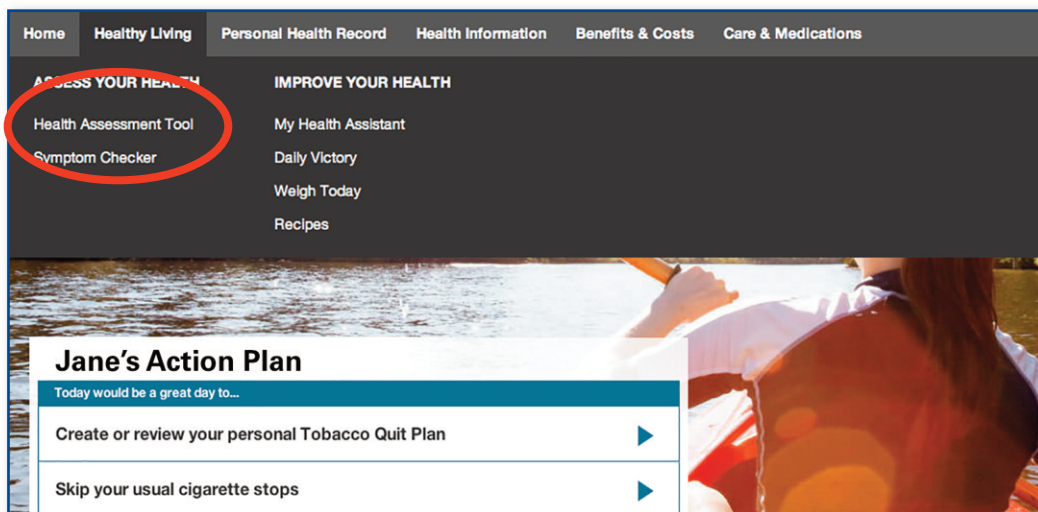


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2 | Scroll over *Tools and Resources*, select *Self Service*, then *My Health Manager*.



3 | In the *Healthy Living* tab, find the *Health Assessment Tool* to begin or update your HAT.



Please keep the following tips in mind:

- **You must have a valid email address to register for Member Online Services.**
- **Member Online Services is available 24/7.**

If you have a problem accessing Horizon BCBSNJ's Member Online Services, email Member_Portal@HorizonBlue.com. Representatives are available Monday through Friday, 7 a.m. through 6 p.m., Eastern Time. You will need to give your first and last name, description or screenshot of the error message and steps taken before encountering the issue.