



Your Wellbeing Assessment and Tobacco Cessation Program

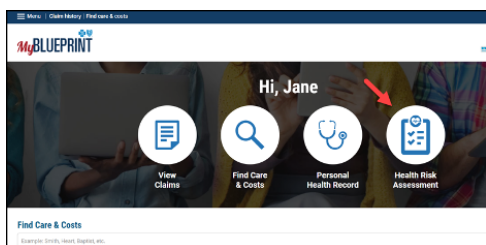
HRA = Wellbeing Assessment

Completing the Online Wellbeing Assessment

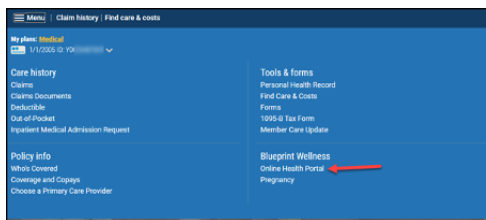
You can now complete your Wellbeing Assessment through the My Blueprint portal on the Health Advantage website. If you need assistance, call customer service at **800-482-8416**.

[To ONLY complete the Online Tobacco Cessation Program click this link](#)

Accessing the Online Wellbeing Assessment



Go to myblueprint.healthadvantage-hmo.com or click the Sign In icon on the Health Advantage homepage at healthadvantage-hmo.com to sign in or create an account. You will need your name as it appears on your ID card OR the last four digits of your Social Security number to create an account. You can also use your member ID number (starting with Y00) to register.

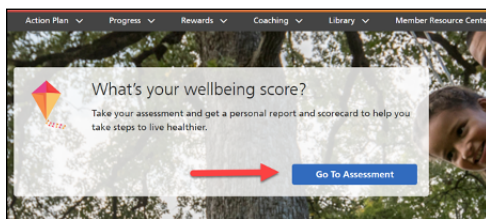


After accessing My Blueprint, go to the Blueprint Wellness tab and select Online Health Portal.

Once the Online Health Portal tab is selected, click the button to go to the Blueprint Wellness dashboard. The first time Blueprint Wellness is accessed, terms and conditions will need to be accepted on the next page.



After terms and conditions are accepted, you can go to the Blueprint Wellness dashboard and access the link for the Online Wellbeing Assessment.



Upon completion of the Wellbeing Assessment, you will receive a personal plan to improve your health.

Completing the Tobacco Cessation Requirement

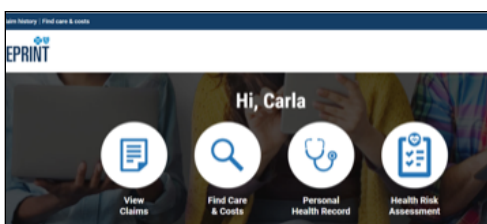
If you test positive for nicotine, you must complete one of the available tobacco cessation plans by October 31, 2021 to fulfill the Wellness requirement for tobacco.

Coaching sessions by telephone through New Directions Behavioral Health (EAP)

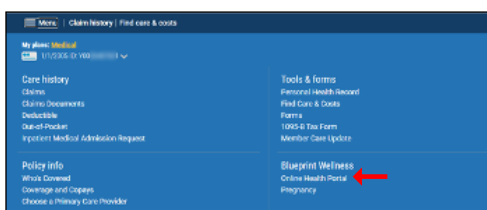
If you are interested in receiving smoking cessation coaching by telephone, contact New Directions at **877-300-9103**. You are required to complete your first official coaching session to satisfy the requirement. Completion of the coaching session will allow you to receive nicotine replacement aids at no cost at the pharmacy. Nicotine replacement aids are only available to those who receive coaching by telephone.

Online Program through My Blueprint

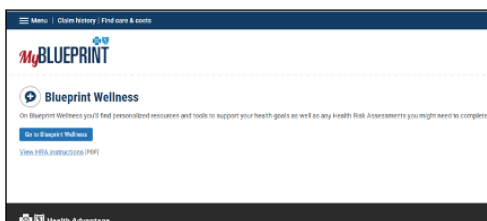
The program consists of a six-week course with action plans that are completed one week at a time. You complete the requirement when you have completed all six action plans and the mini-assessment following completion. If you need assistance accessing your My Blueprint account, contact Health Advantage at **800-482-8416**. **To successfully complete the six-week program by October 31, 2021, you must begin the program no later than September 1, 2021.**



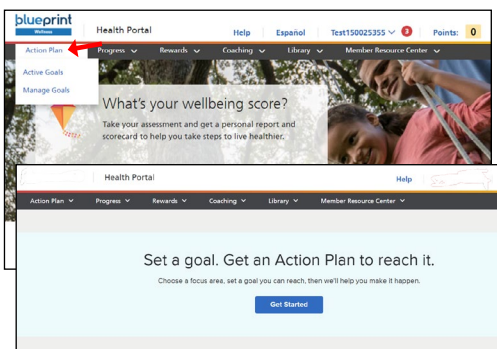
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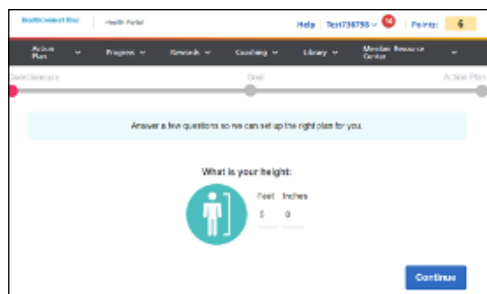


Once the Online Health Portal tab is selected, click the button to go to the Blueprint Wellness dashboard. The first time Blueprint is used you will need to accept the terms and conditions.



After accessing Blueprint Wellness, select action plan and active goals, followed by Get Started.

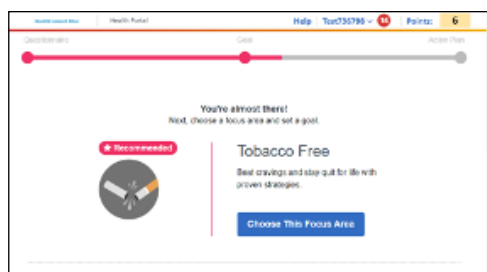
Completing the Tobacco Cessation Requirement



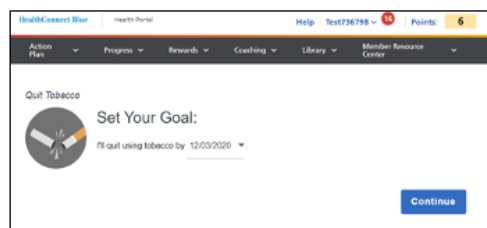
You can then Set Your Goal and Go to Action Plan to get started.

After the get started button is selected, you will complete a quick health update that will recommend focus areas. If you state that you smoke in the health update, "Tobacco Free" will be the first focus area recommended.

A drop-down menu allows you to choose different areas of interest that will link to articles, videos, healthy conversations and seminars from their chosen focus areas.



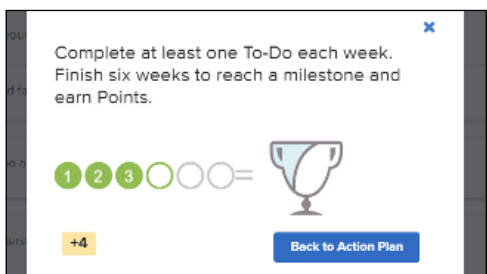
Select the "Tobacco Free" focus area to begin your Tobacco Cessation requirement.



Important: Complete one "To-Do" item each week for six weeks. After you complete six to-do or action items, you will be asked to complete a mini-assessment (takes about two minutes). After the mini-assessment and six action item completion, you will have attained a milestone and completed your Tobacco Cessation requirement. (All six circles will be green). The minimum time required to complete the Tobacco Cessation Program is six full weeks.



Note: you can complete as many "To-Do" items as you choose, but only one per week will count towards completing the requirement.



When accessing the To-Do list, there is a drop down that allows you to review all the weeks available. Green circles mean you have completed an action item. This gives you the option to review activities you have completed, as well as ones upcoming. To-Do items can be completed in any order, but only one per week will count towards completing the six week requirement.



To make sure you have completed your Tobacco Cessation program, select the Rewards tab, select action plan and manage goals. A green checkmark will display beside any action item completed with the date completed. If you do not have a green check besides the Tobacco focus area, make sure you completed the mini-assessment at the end of the six-week plan.