



BeHealthy.com

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Make it Personal

Blue Cross and Blue Shield of Alabama wants you to be as healthy as you can be. That's why Blue Cross created the BeHealthy web site to provide you with personalized information and tools to help you take control of your health.

At **BeHealthy.com**, customizing the site to fit your needs is easy. Just complete the health assessment, HealthQuotient™. The site will then be tailored to



Taking advantage of all the BeHealthy web site has to offer is easy.

1. Go to **www.behealthy.com**.
2. Sign in. *(If you are not currently registered, click "Register Now for My Blue Cross.")*
3. Access an array of health resources customized for you.



fit your personal health needs and provide you with informative health tools based on your assessment. If you're concerned about the privacy of your information, there's no need to worry. BeHealthy.com is a secure web site, and your information will be kept private and confidential.

Use the BeHealthy web site as your personal resource for health and wellness information. You'll have access to health tools and trackers, the latest news and information about health topics, and more — all customized for you. And since this web site is powered by **WebMD**, a respected source of online medical information, you can rest assured that this is a resource you can depend on for the most up-to-date, comprehensive health information.



**BlueCross BlueShield
of Alabama**

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