

# Online Health Risk Assessment Instructions

## 1. PLEASE HAVE FOLLOWING ITEMS READY BEFORE YOU BEGIN

- ✓ Your BCBSFL contract number (located on your BCBSFL insurance card)
- ✓ Your biometric screening results for blood pressure, cholesterol, and glucose
- ✓ A computer with internet access, a connected printer, and Adobe® Acrobat Reader 4.0 (or greater) (Adobe® Reader® can be downloaded for free at <http://www.adobe.com/products/acrobat/readstep2.html>)

## 2. LOGGING-ON TO HEALTH RISK ASSESSMENT FOR THE FIRST TIME

Click [Here](#) for the online Health Risk Assessment (or type following website address into your internet browser: <https://bcbsfl.traleexplorer.com/companylogin.aspx>). Enter the group name and group number **exactly** as shown below using the same characters and letter case as follows:

Group Name	BCBOCC
Group Number	64572

## 3. PRIVACY STATEMENT

Select “CONTINUE” after reviewing and agreeing to the privacy statement.

## 4. NEW USER SETUP SCREEN

- Create your own personal username and password and write them below for future access to this site.

USERNAME	<input type="text"/>	PASSWORD	<input type="text"/>
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- Enter your e-mail address (required for password assistance).
- Select “GENDER” and enter your “DATE OF BIRTH” (use format 00/00/0000).
- Select “YES” if you are currently enrolled in your employer’s BCBSFL insurance plan and enter the numerical portion (8-digits) of your contract number. HMO members: please do not enter the last 2-digits of your contract number ending “01” or “02”.

## 5. YOUR HEALTH RISK ASSESSMENT

- On the Wellness Portal Home Page, click “TAKE ASSESSMENT” to begin your personal and confidential health risk assessment. You may exit and return to the assessment at any time by clicking “EXIT SURVEY AND COMPLETE LATER”. To re-enter, click [HRA Re-Entry Link](#) (or type website in your internet browser: <https://bcbsfl.traleexplorer.com>) and enter username and password you created in step 4 above.
- On the “BIOMETRIC INFORMATION” page, enter the blood pressure, cholesterol and blood sugar results you received during your screening. If you have not yet completed the screening, select “EXIT SURVEY AND COMPLETE LATER”. When your results are ready, re-enter the assessment by clicking [HRA Re-Entry Link](#) (or type <https://bcbsfl.traleexplorer.com> into your internet browser) and enter username and password you created in step 4 above.

## 6. YOUR PERSONAL HEALTH REPORT

Select “download/view” to generate your confidential health report after completing the health risk assessment. The assessment cannot be altered once the report has been generated, so please review your responses for accuracy before generating your report.

## 7. YOUR WELLNESS PORTAL HOME PAGE

Your Wellness Portal Home Page will remain permanently active! You can view, print or download your personal report(s) at any time, or access links to **Health Dialog®**, **MyBlueService<sup>SM</sup>** or the additional tools and resources provided. To access your Wellness Portal at any time following your assessment, click [HRA Re-Entry Link](#) (or type <https://bcbsfl.traleexplorer.com> into your internet browser) and enter username and password you created in step 4 above.