

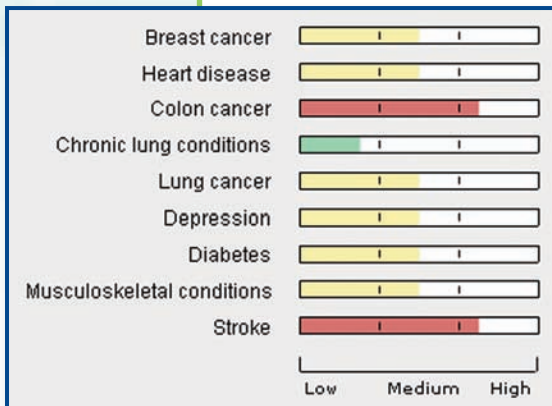
My health is unique.

***My Health Manager* helped me learn more about my health.**



"I knew I had gained some weight since I quit smoking. But, I was feeling pretty healthy. That's why I was surprised to learn that my diet and smoking habit put me at a higher risk for stroke and colon cancer. I'm glad I found out now so I can get started on lowering my risk before it gets serious."

Learn how *My Health Manager* can help you. Visit <www.HorizonBlue.com/mhm>. All information is completely confidential.



Sample "Condition Risk Summary"

Health Assessment Tool

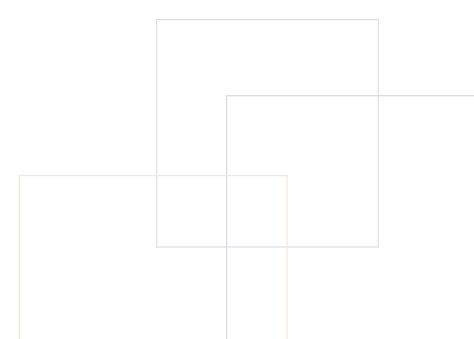
The **Health Assessment Tool** can help you learn more about your health so you can be proactive with managing your unique risks.

(Over, please)



Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work.



Use our *Health Assessment Tool* today to build your healthy tomorrow.

To begin, follow these simple steps:

1. Visit *My Health Manager* at <www.HorizonBlue.com/mhm>.
2. Use your Member Online Services user ID and password to sign in to *My Health Manager*. If you have not registered for a Member Online Services user ID and password, click *Not a member, click here to register*. If you've already registered, click *Sign In* and proceed to step 10.
3. Choose *Click here to register as a member* from the Self Registration menu.
4. Enter your registration information and answer the questions asked.
5. Verify your information and acknowledge access privileges.
6. Retrieve your user name and password from your e-mail account. The e-mail will come to you from <Member_Portal@HorizonBlue.com>.
7. Visit <www.HorizonBlue.com/mhm>.
8. Click *Sign In* and enter your user name and password.
9. Confirm your profile and select your preferences, if this is your first time visiting *My Health Manager*.
10. Select *Health Assessment Tool* on the left-hand toolbar to begin!

To optimize performance, adjust your Internet browser settings to enable cookies and pop-ups.

Horizon Blue Cross Blue Shield of New Jersey - Health Insurance: Medical, Dental, Pharmacy and Life

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Horizon Blue Cross Blue Shield of New Jersey

Making Healthcare Work[®]

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Home : Members : Health and Wellness : My Health Manager

My Health Manager

My Health Manager, powered by WebMD, is your personalized health guide. The home page can be customized to include news feeds, articles, reminders and other information important to your health. My Health Manager also consists of powerful tools including WebMD's Symptom Checker, Hospital Quality Comparison Tool and others.

Please note that all features listed may not be available under your health plan. Please log on to My Health Manager to see what tools are available to you.

Horizon's Health Assessment Tool
The Health Assessment covers:

- Current health conditions
- Family health history
- Vital statistics, including cholesterol and blood pressure measurements
- Lifestyle factors: alcohol consumption, tobacco use, stress, exercise and diet
- Life events: family, children, key relationships, job and finances
- Utilization of health care: doctor visits, prescriptions and hospitalizations

Member Sign In

My Health Manager is available to registered members only.

[Sign In](#)

Not a member?
[Click here to register.](#)

Uncover potential health risks and receive recommendations on how to control them.

All information is completely confidential.

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