

- The Fund will NOT see your individual answers to the Health Assessment questions. They will only see aggregate group level health information (non-identifiable to you) gathered from all of the participants' answers.
- **Those who complete the Health Assessment in February (*and who did not already receive a Fitbit Zip during the January 2017 Steps Challenge) will receive a Fitbit Zip to be used in the 2018 Steps Challenge, which will start on April 15, 2018.** Fitbits will be mailed out in mid-March, and enrollment for the Steps Challenge will begin on April 1. Participants will need to log an average of 7,000 steps per day over the six-week challenge.
- All challenge participants that log an average of 7,000 steps per day will be entered into a raffle to win one of ten gift cards at \$50 each! Raffle winners will be selected in mid-June 2018.
- The participants with the two highest total steps at the end of the challenge will receive stipends for a qualified health club membership.

Introduction

Welcome to the ahealthymeSM Health Assessment! After completing this 15 minute survey, you will receive a personalized Health Assessment report. This report will provide you with a snapshot of your current health status. The purpose of this survey is to help you better understand your health needs and provide you with the tools and support you may need to help you reach or maintain your health and wellness goals. You will not be asked questions about non-health related topics.

Privacy

We are committed to protecting your privacy and the security of the information you entrust with us. Our privacy policy (Policy) discloses our information gathering and dissemination practices. Your use of ahealthyme is governed by the terms of this Policy, and by using or accessing ahealthyme you agree to be bound by it. ahealthyme is administered by Blue Cross Blue Shield of Massachusetts (BCBSMA) and powered by Cerner Corporation. The information you provide on this site will also be kept in accordance with the BCBSMA [Commitment to Confidentiality](#) statement.

Special Needs Section of the Health Assessment

The first section of this Health Assessment, entitled Special Needs, focuses on any special, or additional, accommodations you may need in order to complete this survey. If you require help in completing this survey due to a hearing impairment, a visual impairment (that goes beyond the need for glasses or contact lenses, such as you use a screen reader or other assistive technologies), or limited understanding of the English language, you can indicate so in this first section. If you select "yes" for any of the questions in this section, a wellness coach will contact you to assist you in completing the Health Assessment.