

Numbers are important when it comes to your health

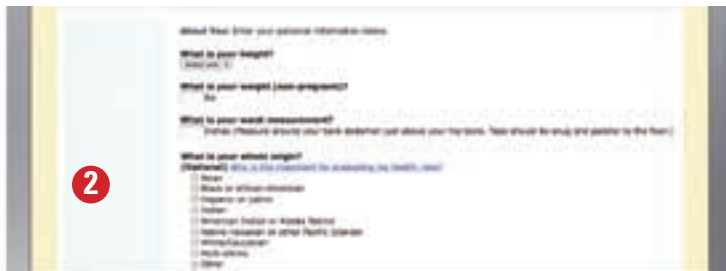
Complete an online **Personal Health Profile (PHP)** at www.ibxpress.com and find out your health score.

Wouldn't it be great to know your health score? By taking a 15-minute survey about your health history and habits, you will receive a health score from 1–100. You will also learn what you're doing right and simple changes you can make to improve your score.

Log on or register at ibxpress.com

To begin taking the PHP, follow these steps:

1. Click on *Personal Health Profile* on the main page of ibxpress.com and then *Take Personal Health Profile Now* on the next screen.
2. Enter some personal information, like height and weight. Don't worry, this information is kept private and confidential.
3. Next, you'll answer some questions about preventive screenings and exams you've completed and when they were done. You'll also be asked questions about your eating habits and how much you exercise. Make sure you complete all questions before continuing.
4. You're almost done. Click on *View My Results* to get your health score.



Feel empowered with more information about your health



5. View your score and click on the sliders to see how small changes like adding an exercise routine can affect your overall score as well as decrease your risk for developing certain health conditions.

6. Click on the topics on the left-hand side of the screen to get more information about your health, including:

- Risk Reports that detail your risks and give you a personalized action plan;
- Condition Reports, which are based on your family history and PHP responses;
- a Physician Summary you can print and share with your doctor.

Get a head start on getting healthy

Now that you've completed the PHP and reviewed your results, it's a great time to visit our online Lifestyle Improvement Programs. Just click on *Improve your health with WebMD® Health Management Centers* at the bottom of the PHP summary page. When you do, you'll find several programs, such as exercise, weight management, nutrition, and smoking cessation, designed to inspire and support your positive health changes.



We're here for you every step of the way.



**Independence
Blue Cross**

**If you have any questions or need help,
please call 215-567-4002 or 1-800-626-6076.**