

Complete the BCBS Health Assessment listed below.
 List below twelve (12) additional LMHF sponsored events that you have completed.
Eligible activities are listed on the Part II Instruction Sheet.

Workplace Events - You must sign-in on the sheet provided by and verified by your employer

Annual screening - If you are listing preventative screenings (eye exam, dental check-up, mammogram, etc., you must include the Preventative Screening Verification form, with your original physician's signature. A separate form (signed & dated by your physician) is required for EACH screening. Forms included in wellness packet and also available at www.LMHF.net. Applicant must receive preventative screenings the same year in which they are applying for Part II. Applicant must also be an active LMHF member at the time of his/her screenings. Along with this form, you must also include (if applicable) vaccination certification.

Name of Event/Class/Seminar/ Screening	Date of Completion
BlueCross BlueShield on-line Health Assessment (REQUIRED) <i>See step-by-step instructions below and enclosed.</i>	
1.)	
2.)	
3.)	
4.)	
5.)	
6.)	
7.)	
8.)	
9.)	
10.)	
11.)	
12.)	

I hereby confirm that the aforementioned information is accurate and I have completed the activities as indicated.

Employee/Applicant Signature _____ Date _____

[Step-by-Step Instructions for Completing Your BlueCross BlueShield Health Assessment](#)
This information remains with BCBS. It is not shared with your employer or other entities.

If you're new to Online Services and have not set up a user name and password in the past, you must register by following these instructions:

1. Go to bcbswny.com
2. Click "Login" and select "Member" from the drop-down menu
3. Click "Register Now" under the Login area
4. Enter your subscriber ID, group ID, and member number
5. Click "Next"
6. Fill in the required fields to complete your registration

Once your registration is complete:

1. Go to bcbswny.com and click "Login"
2. Enter your username and password
3. Click "Get Healthy"
4. Click "My Health"
 (If it's your first visit, you'll need to register)
5. Click on the Health Assessment, located within the *Personal Health Itinerary*
7. Take the Confidential Health Assessment