

# MyHealthProfile



**Your Mind. Your Body. Your Spirit. Your Health.**  
**Now is the time to focus on you.**

Start with MyHealthProfile, CareFirst BlueCross BlueShield and CareFirst BlueChoice, Inc.'s new confidential health survey that provides you with a free health risk assessment report.

With MyHealthProfile, you can learn about your health risks and access lifestyle management programs that may help you reduce stress, eat healthy, lose weight or quit smoking.

You will soon receive a letter in the mail with directions on how to access MyHealthProfile. Once you receive your letter, just log on to the confidential MyHealthProfile website and start focusing on **you!**

CareFirst   
BlueChoice

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