

# MyHealthProfile

## A New Wellness Tool Developed Just For You

Check your mail for your MyHealthProfile login information!

Take the confidential survey and learn how to:

- Maintain a healthy diet,
- Lose weight,
- Quit smoking,
- Prevent depression, and
- Manage stress.

Get access to health-related quizzes, surveys, interactive exercises, and tracking tools, while evaluating personalized reports to help you stay on track!

### How to retrieve your personalized health report

Once you enroll in a CareFirst BlueCross BlueShield or CareFirst BlueChoice, Inc. health plan, you will receive, by mail, a username and password that will allow you to access the MyHealthProfile confidential website.

Log on to [www.myhealthiq.com/carefirst](http://www.myhealthiq.com/carefirst) to complete the survey and access your personalized health report!

Talk to your employer if you have any questions about MyHealthProfile and the online lifestyle management programs.