



# Online Health Risk Assessment Instructions

## PLEASE HAVE FOLLOWING ITEMS READY BEFORE YOU BEGIN

- ✓ Your BCBSFL contract number if enrolled in your employers BCBSFL Health Plan
- ✓ Your biometric screening results for blood pressure, cholesterol, and glucose (blood sugar)
- ✓ A computer with internet access, a connected printer, and Adobe® Acrobat Reader 4.0 (or greater) (Adobe® Reader® can be downloaded for free at <http://get.adobe.com/reader/>)

## LOGGING-ON TO HEALTH RISK ASSESSMENT FOR THE FIRST TIME

When logging-on for the first time, click [Health Risk Assessment Link](#) (or type following website address into your internet browser: <https://bcbsfl.traleexplorer.com/companylogin.aspx>). Enter the group name and group number exactly as shown below:

Group Name:

PCPS

Group Number:

60435

## PRIVACY STATEMENT

Select “continue” after reviewing and agreeing to the privacy statement.

## NEW USER SETUP SCREEN

- ➔ Create your own personal username and password and write them below for future access.
- ➔ Enter your e-mail address (required for password assistance).
- ➔ Select “gender” and enter your “date of birth” (use format 00/00/0000).
- ➔ Select “yes” if you are currently enrolled in your employer’s BCBSFL insurance plan. Enter the numerical portion only (8-digits) of your contract number. HMO members: please do not enter the last 2-digits of your contract number ending “01” or “02”.

## YOUR HEALTH RISK ASSESSMENT

- Click “take assessment” to begin. You may exit and return to the assessment at any time by clicking “exit survey and complete later”. The information you have entered will be saved.
- To re-enter, click [HRA Re-Entry Link](#) (or type website in your internet browser: <https://bcbsfl.traleexplorer.com>) and enter your username and password.
- On the “biometric information” page, enter the following results your received from your screening:
  - **Blood pressure**
  - **Total cholesterol number**
  - **HDL cholesterol number (DO NOT ENTER THE Total/HDL RATIO)**
  - **LDL cholesterol number- leave blank unless known**
  - **Triglycerides number- leave blank unless known**
  - **Glucose (Blood Sugar) number**

## GENERATING YOUR PERSONAL HEALTH REPORT

Select “download/view” to generate your confidential health report after completing the health risk assessment.

**The assessment cannot be altered once the report has been generated, so please review your responses for accuracy before generating your report.**

## YOUR WELLNESS PORTAL HOME PAGE

Your Wellness Portal Home Page will remain permanently active! You can view, print or download your personal report(s) at any time, or access links to Health Dialog®, MyBlueService<sup>SM</sup> or the additional tools and resources provided. To access your Wellness Portal at any time following your assessment, click [HRA Re-Entry Link](#) (or type <https://bcbsfl.traleexplorer.com> into your internet browser) and enter username and password you created.



**BlueCross BlueShield  
of Florida**

An Independent Licensee of the  
Blue Cross and Blue Shield Association