As a Florida Blue member, you have access to a suite of tools available through WebMD. Simply register on FloridaBlue.com and select My Health from WebMD under the Health & Wellness tab.

**PERSONAL HEALTH ASSESSMENT**

Save money on health care costs tomorrow, by understanding your health risks and taking steps to live healthier today.

**PERSONAL HEALTH RECORD**

Take your Health Records with you wherever you go. Keep your online Personal Health Record up-to-date and you can log in anytime to get your health history, a list of your medications, your doctor’s name and much more!

Register on FloridaBlue.com today.
Tracker your results

Tracking your health numbers and activities is an excellent first step in understanding what's working or not working—you'll also know when you've reached your goals and it's time to celebrate!

Health forums

Take a look at the Message Board Exchanges to find answers from experts and share ideas and information with others like you.

My health centers

Live a healthier life each day. Learn about healthy cooking, important health topics, medical terms and much more with My Health Centers.

- Health topics
- Health encyclopedia
- Health calculators
- Health videos
- Healthy recipes

Getting started is easy!

- Register on FloridaBlue.com
- Click Health and Wellness
- Select My Health from WebMD

Start working on a healthier you today!