

# My Health Toolkit Guide

Blue Cross Blue Shield of FL offers online, interactive health care tools through their website, [www.myhealthtoolkitfl.com](http://www.myhealthtoolkitfl.com). Access to the site is available upon your benefits effective date. The website is a collection of integrated tools designed to help you manage your healthcare, including:

✓ Order new ID cards	✓ Obtain member ID number
✓ Manage prescriptions	✓ Find doctors and hospitals in your area
✓ Pay claims	✓ Manage your health care finance account

## To Register:

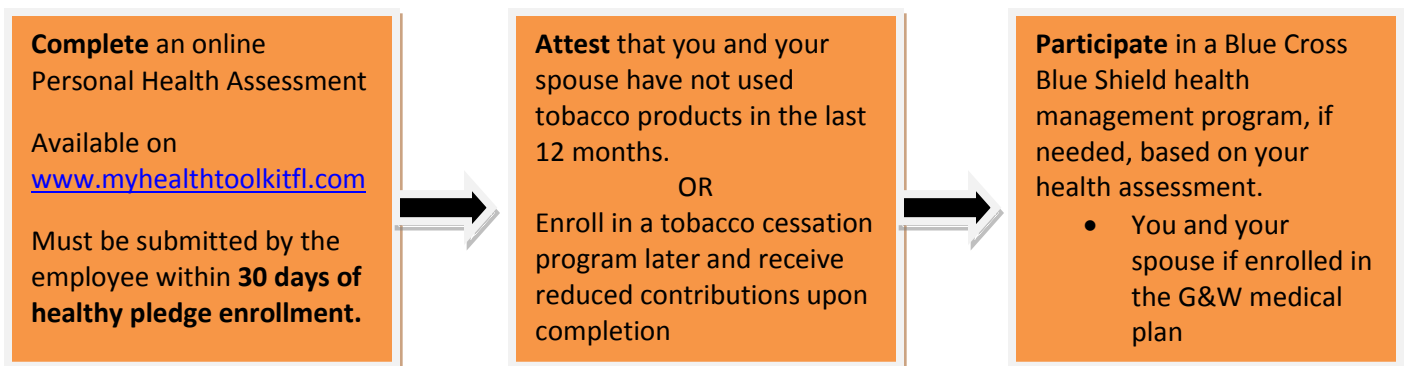
1. Log in to [www.myhealthtoolkitfl.com](http://www.myhealthtoolkitfl.com)
2. Click the **Register Now!** to create a profile.
3. If you know your insurance card number, follow the instructions to begin the registration process. You may also register with your social security number and date of birth by clicking on the link [Haven't received your insurance card?](#) You will then be prompted to create a user name and password. Upon completion, you will be directed to the home page and may begin utilizing the website.

\*If you haven't received your insurance card yet, your provider can do a verbal verification with your member ID number by calling the BCBS customer service center at (800) 830-1501. Your member ID number will be located on the top left of the main page.


## Healthy Pledge Option

The healthy pledge is an option for employees to receive a discount on their medical contributions. If you are still within the initial 30 days of your eligibility date and haven't elected the healthy pledge option, but would like to do so, you must submit a revised BCBS enrollment form and complete the Personal Health Assessment within those 30 days. Employees who have elected the healthy pledge option must complete the following wellness activities in order to qualify for the discount. Should this not be completed within the time frame, the healthy pledge option will be removed and payroll deductions will reflect the non-healthy pledge medical rates.

### Wellness Activities:



## How to complete the Personal Health Assessment

1. On the main page, under Quick Links on the left side, click on the Personal Health Assessment Link  

2. The next page is an informational page about the Personal Health Assessment. When you are ready to proceed click on link [Take your Personal Health Assessment](#) today.
3. A new window will "pop" up with the Personal Health Assessment. The assessment should take about 20-30 minutes to complete. Make sure that you hit **submit** so the information is sent over to BCBS. Please save a copy of your assessment for your records, as this may be required for verification purposes

If you have any questions please contact your Regional Human Resource Department