

Welcome to HealthyBlue and the **My BluePrint Health Assessment**



An Independent Licensee of the Blue Cross and Blue Shield Association

Agenda:



1. HealthyBlue – Tools for a Healthy Life
2. Biometric Screening Process / SMAC 30
3. Pick-a-time registration
4. BlueNet Registration
5. My BluePrint Health Risk Assessment (HRA)
6. Reporting and Program Design
7. HealthyBlue Programs and Highlights
8. Questions

Americans Struggle with Healthy Living



- Only 22% of the nation exercises 30 minutes, 5 times per week.
- Less than 25% of the nation eats at least 5 servings of fruits and vegetables every day.
- 79% of the nation avoids the use of tobacco.
- Merely 34% of the nation maintains a healthy weight (BMI)
 - Only 3% of the population does all 4!

Healthy Blue – Tools for a Healthy Life



Together we can increase your:

- health and well being
- satisfaction and morale
- job productivity and performance

The time to think about your health is now!

**Take action toward
a healthier lifestyle
by visiting**

azblue.com/HealthyBlue

Biometric Screenings



1. Biometric screenings will include Total Cholesterol, HDL Cholesterol, Blood Glucose, Blood Pressure, Weight, Waist Measurement, and BMI calculation.
 - Osteoporosis Screening is optional
2. Employees will register online and schedule their screening appointment via a secure web link at <https://pickatime.com/client?ven=11605476>
 - Walk in appointments are also available
3. Employees will register and consent with BCBSAZ screening vendor at the time of their screening
4. Screener will take a small amount of blood, via a finger stick (similar to a diabetes check).
5. Blood sample will be analyzed while the screener takes employees blood pressure, waist measurement, weight, and administers a flu vaccine, if requested.
6. Employees will have their results in approximately 10 minutes and can discuss results with the screener or wellness consultant on hand during the event.



SMAC-30 Chemistry Panel

- **8 hour fasting** (water and medications only). Complete lipid panel plus 30 items related to kidney/liver, iron, nutrition, diabetes, bone, electrolytes and gout.
- Employees will register online and schedule their screening appointment via a secure web link <https://pickatime.com/client?ven=11605476>
 - Walk in appointments are also available
- Employees will register and consent with BCBSAZ screening vendor at the time of their screening
- Nurses will perform a venous blood draw
- Results will be mailed to your home for your information and follow-up with your primary care physician.
- In addition, you will receive the following screenings
 - Blood Pressure, Weight, Waist Measurement, and BMI calculation

Pick-a-time online scheduler



BCBS - Appointment System - Windows Internet Explorer provided by BCBSAZ (ctxprodgo)

https://pickatime.com/client?ven=11604989

File Edit View Favorites Tools Help

BCBS - Appointment System

Home RSS Print Page Tools

Welcome to the Online Scheduler

Enter your email and click "Login/Create Account"

Your email address:

Your personal password:

Login/Create Account

Forgot My Password

Logging in for the first time? Simply click "Login/Create Account" and answer the questions there.
If you are already registered, enter both your email and password and push "Login/Create Account" to view your scheduled appointment.

Please record the date and time you selected, as well as your password (in case you want to change your appointment later).

Appointment software supplied by [pickAtime](#), ©2011 pickAtime Inc. [privacy statement](#)

Enter your email and create an account and secure password

<https://pickatime.com/client?ven=11605476>

http://pickatime.com/ Internet 100%

Pick-a-time reminder email



Appointment Schedule - Message (HTML)

File Edit View Insert Format Tools Actions Help

Reply Reply to All Forward

From: PickAtime [pmail@pickatime.com] Sent: Thu 7/21/2011 9:06 AM

To: Connor RN, Cristin

Cc:

Subject: Appointment Schedule

Dear Cristin Connor,

Appointments for Cristin Connor

[Redacted]

Date	Time	Event	Location
09/12/11	08:00 AM	[Redacted]	

Your reminder email will arrive 24 hours prior to your screening appointment.

Go to azblue.com and Select a Registration Process



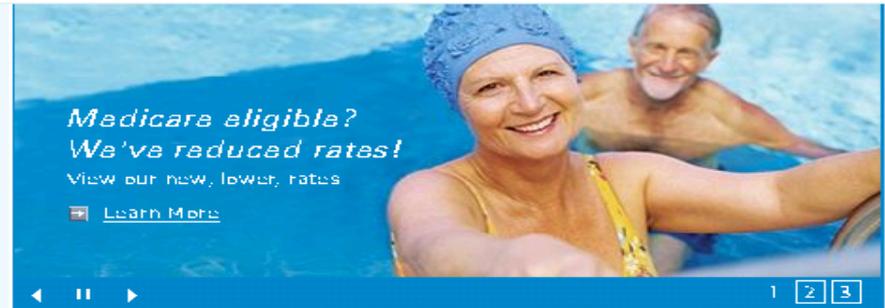
Font Size: A A A



Login to BlueNet

Username Password

[I forgot your password?](#)



Choose "Member"

Guests

Members

Employers

Brokers

Providers

Google™ Custom Search

Go

Find a Plan

Choose from the type of plan you're interested in below:

Plans for Individuals & Families

We have a variety of plans to meet the needs of individuals & families.

[Research](#), [Get Quote](#), [Apply](#)

Medicare eligible plans

Since Original Medicare alone isn't designed to pay for everything, turn to BCBSAZ for a Medicare Supplement and/or Part D plan.

[Research](#), [Get Quote](#), [Apply](#)

Plans for employer groups

BCBSAZ offers many flexible choices that can accommodate practically any employer's budget.

[Research](#), [Get Quote](#), [Apply](#)

BlueConnect Dental

Learn About Health Care Reform

askblueReform.com

Is Your Provider in Our Network?



We have over 15,000 contracted providers. Search our directory to see if your provider is listed.

[Search the Provider Directory](#)

Are Your Prescription Drugs Covered?



Find out about the prescription medication benefits available to our members.

[Prescription Drug Coverage](#)

[BCBSAZ Medicare Part D Prescription Drug Coverage Information](#)

Learn about BlueNet

Manage your account online.

[BlueNet Overview](#)

Register for BlueNet

Register for BlueNet to access tools, resources and services available to our customers.

[Guest](#) [Member](#) [New Group Enrollee](#)

[Employer](#) [Broker](#) [Provider](#)

Work With a Product Specialist



Would you like a representative from Blue Cross Blue Shield of Arizona to contact you directly? Please fill out the form below and a sales representative will contact you.

Preferred Contact Method

Unknown Zone (Mixed)

100%

Complete the Member Portal Registration Page



BlueCross
BlueShield
of Arizona

[View a Site Map](#)

[Login or Register for BlueNet](#)



Discover all the
shades of Blue.

Health Plans

Provider Directory

Forms & Resources

Value-Added Services

About Us

Contact Us

Member Portal Registration

Your Personal Information

Please enter the following information exactly as it appears on your ID card. Registration is for Blue Cross Blue Shield of Arizona members only. Members of other state's plans must use their home state's websites.

[*] indicates a required field

*Member Number:

*Date of Birth:

[Fill Member Information](#)

*First Name:

M.I.:

*Last Name:

Employee Number:

(optional)

*Email Address:

Confirm Email Address:

Enter the info exactly as it appears on your BCBSAZ membership card and add an email address

Promotion Code Information

If you received a *My Blueprint* or *WalkingWorks* promotion code, please enter it in the space below.

My Blueprint or *WalkingWorks* Promotion

Finish the Member Portal Registration Page



https://secure.azblue.com/member/securelogin/bluenetmemberreg.aspx - Windows Internet Explorer provided by BCBSAZ

https://secure.azblue.com/member/securelogin/bluenetmemberreg.aspx

File Edit View Favorites Tools Help

https://secure.azblue.com/member/securelogin/bluen...

Home RSS Print Page Tools

Delivery Preferences

Explanation of Benefits:

- Paperless delivery, including email notification of BlueNet availability
- U.S. mail delivery

Benefit Books and Benefit Riders: [More Information:](#)

- Paperless delivery, including email notification of BlueNet availability
- U.S. mail delivery

Login ID Information

Please choose a login ID & password for your account.

*Establish Unique Login ID:

*User Password:

*Confirm Password:

*Please enter a login ID and Password. These must be 6 to 25 characters in length and may consist of both numbers and letters. No punctuation characters or spaces. Passwords are case sensitive.

Alternate Security Question

We require an additional security question to reference, in case you forget your password.

Question to be asked if you forget your password:

* If you selected OTHER please provide your question:

Please provide the answer to your question:

Done Trusted sites 100%

Complete the rest of the form and click "Submit"

Accept the Terms and Conditions



spaces. Passwords are case sensitive.

Alternate Security Question

We require an additional security question to reference, in case you forget your password.

Question to be asked if you forget your password:

* If you selected OTHER please provide your question:

Please provide the answer to your question:

Terms and Conditions

Terms and Conditions

The following Terms and Conditions govern your use of the Blue Cross Blue Shield of Arizona (BCBSAZ) on-line services (the Service), whether you accessed the Service through www.azblue.com or a broker's website. Separate terms and conditions may apply to the broker's website. Please read BCBSAZ's Terms and Conditions carefully so you fully understand your rights and responsibilities, and the limitations applicable to your use of this site. If you access, use or view any information, database, application, or tool available on this site, you agree to be bound by these

Accept
and click Submit

I have read and I agree to the Online Services Terms of Use as outlined above.

Submit

[Home](#) [Health Plans](#) [Provider Directory](#) [Medications](#) [HealthyBlue](#) [About BCBSAZ](#) [Contact Us](#)

[Login](#) [Site Map](#) [Privacy Statement](#) [Terms & Conditions](#)

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Trusted sites

100%

You've completed your BlueNet registration



https://secure.azblue.com/member/securelogin/BlueNetConfirmation.aspx - Microsoft Internet Explorer provided by BCBSAZ

File Edit View Favorites Tools Help

Address https://secure.azblue.com/member/securelogin/BlueNetConfirmation.aspx

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Welcome!

Member Portal Registration Confirmation

Your account has been successfully entered in to our system. Please print this page for your own records, click We will send a confirmation of your registration to that email address within one hour.

Login ID Information

Your login ID is : **FredFlintstone**
FFlintstone

Print this page | **Login to BlueNet Portal**

For assistance please call BCBSAZ E-Solutions Services at (602) 864-4844 or (800) 650-5656.
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[BCBSAZ Privacy Statement](#)
[Terms & Conditions](#)

Done Local intranet

Now click
"Login to
BlueNet
Portal"



Now, log in with your new Username & Password



BlueCross BlueShield of Arizona

Font Size: A A A

Login to BlueNet

Username Password

[Forgot your password?](#)

Enter the Username and Password you created & click "Login"



Guests Members Employers Brokers Providers

Google Custom Search Go

Find a Plan

Choose from the type of plan you're interested in below:

Plans for Individuals & Families

We have a variety of plans to meet the needs of individuals & families.

[Research, Get Quote, Apply](#)

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askblueReform.com

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[Search the Provider Directory](#)

Are Your Prescription Drugs Covered?

Find out about the prescription medication benefits available to our members.

[Prescription Drug Coverage](#)

[BCBSAZ Medicare Part D Prescription Drug Coverage Information](#)

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Register for BlueNet

Register for BlueNet to access tools, resources and services available to our customers.

[Guest](#) [Member](#) [New Group Enrollee](#)

[Employer](#) [Broker](#) [Provider](#)

Work With a Product Specialist

Would you like a representative from Blue Cross Blue Shield of Arizona to contact you directly? Please fill out the form below and a sales representative will contact you.

Preferred Contact Method

Unknown Zone (Mixed) 100%

Select My BluePrint Health Assessment



BlueCross
BlueShield
of Arizona

[Home](#) | [Log Out](#)
[Message Center](#)



Click "My
BluePrint
Health
Assessment"

[View Benefits](#)

[View Claims](#)

[Account Profile](#)

[Deductible Balances](#)

[Health and Wellness](#)

[Health Care Providers](#)

[Go Green!](#)

Benefits

[Who Is Covered](#)
[Member Guide \(PDF\)](#) [PDF]

Health Care Providers

[Find a Doctor, Hospital, or Urgent Care](#)
[Find a Pharmacy](#)

Claims Information

[Claim Status Inquiry](#)
[Download a Medical Claim Form](#) [PDF]

Forms and Resources

[Forms and Resources](#)

Health Care Costs

[Compare Costs of Procedures](#)
[Drug Costs/Copay Calculator](#)
[Cost & Quality Information](#)

Explanation of Benefits

[View Electronic EOBs](#)

ID Card

[Request an ID Card](#)

Member Newsletter

[Arizona Blue Member Newsletter](#)

Health and Wellness

[My BluePrint Assessment](#)
[Personal HealthyBlue Home Page](#)



[Provider Directory](#)



[Healthy Blue](#)



[My BluePrint](#)



[Prescription Medications](#)

Benefits Quick View

In / Out of Network

Family Deductible: \$1200.00 / \$2400.00

Individual Deductible: \$600.00 / \$1200.00

Take the assessment



Click "Take the Assessment Now!"

Health Portal:HPA:start - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)
https://wellnessaz.alerehealth.com/portal/server.pt/community/hpa/start?ActivityID=2&ViewID=2500084763&Ass
File Edit View Favorites Tools Help
Google Search More >> Sign In

BlueCross BlueShield of Arizona
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The tools to live healthier lives.

Welcome, Fred! Ready to learn more about your health?

[Take the Assessment Now!](#)

What is the Wellness Assessment?

The survey asks questions about your lifestyle habits and medical history. We use your answers to give an overview of your current risk for health problems. We'll also show you simple steps that may reduce your risk.

Why should I take it?

We'll use your answers to give personal advice, tools and programs that you can use to improve your health.

How long will it take?

Sample Results
The Risk Factor Scorecard

Your Wellness Score is 89

Ready for the next step?

Your Risk Scorecard

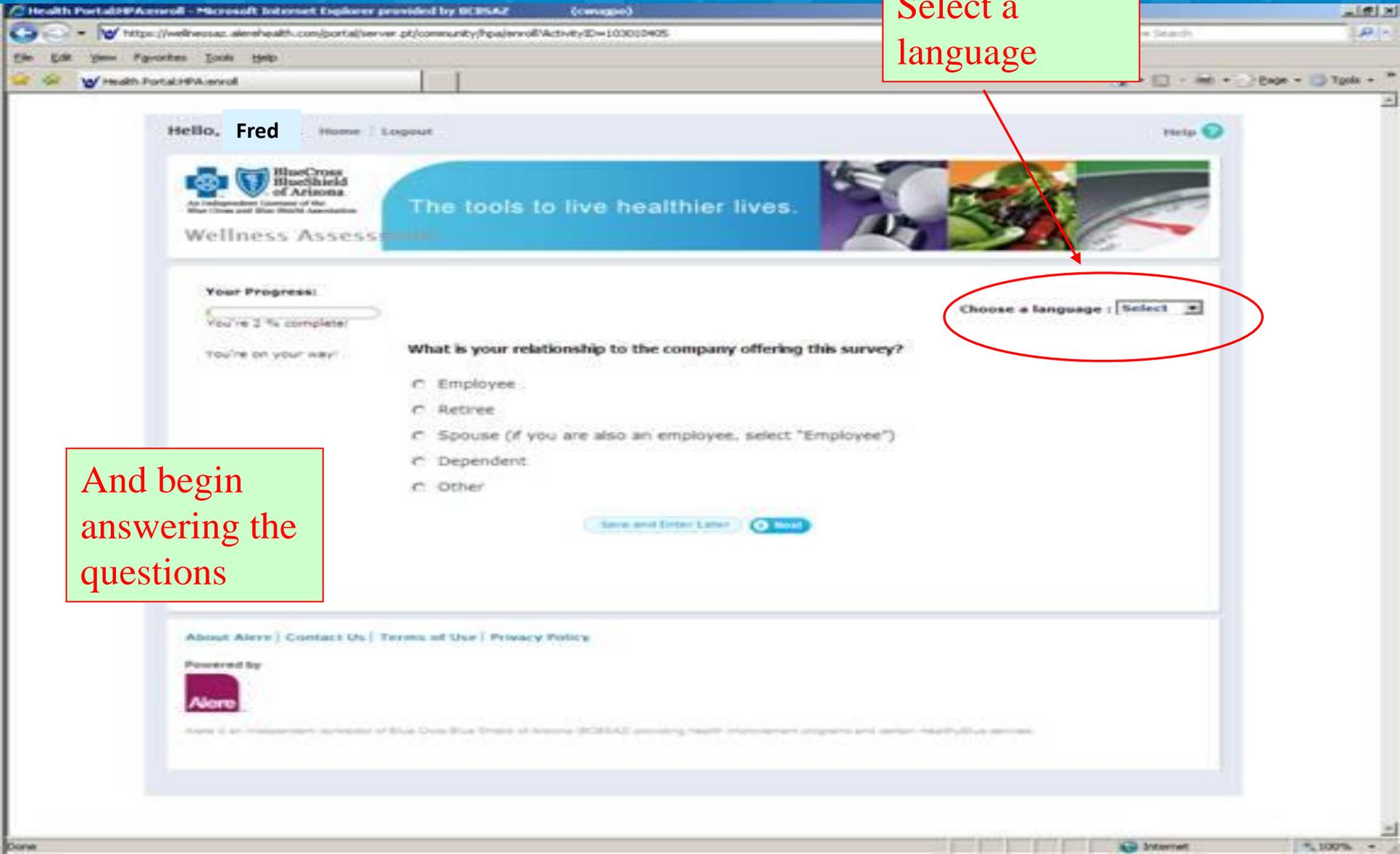
Things you're doing well on:

- Nutrition
- ✓ You are meeting the recommended level of five or more servings of fruits and vegetables per day.
- ✓ Keep up the good work! Taking steps to limit the amount of fat in your diet is a good way to protect your health.

Select a language and begin



Select a language



And begin answering the questions

Science Behind the HRA



•Over the years, medical research has amassed a large body of evidence that links a core set of medical and lifestyle indicators to increased risk for a variety of health problems.

- **Medical Risk Factors:**

- Weight
- Blood Pressure
- Cholesterol
- Blood Sugar

- **Lifestyle Risk Factors:**

- Physical Activity
- Smoking
- Dietary Fat
- Fruit/Vegetable intake
- Alcohol use
- Stress/coping
- Seat belt use

- *Lifestyle risk factors are particularly important for the prevention of premature illness*

Interpretation of the Total Wellness Score



•The purpose of the Total Wellness Score (TWS) is to give individuals a barometer of their relative risk for developing or exacerbating lifestyle related health conditions. The Wellness Score is a reflection of how well someone is doing in his or her effort to be the healthiest he or she can be.

- Low Risk (90-100)
 - A person in this range may have risks that need attention (typically no more than 2 total and no more than 1 medical risk factor)
- Moderate Risk (80-90)
 - A person in this range has risks that need attention and likely has multiple risks that complicate each other, such as obesity, physical inactivity, and poor eating habits.
- High Risk (70-80)
 - A person in this range has risks that need attention, and definitely has risks that complicate each other.
- High Risk with Existing Medical Conditions (<70)
 - A person in this range is likely to have one or more serious existing health conditions that are being exacerbated by one or more current health habits.

One-on-One Health Coaching



- When you take the My BluePrint health assessment, a health coach may contact you based on the results.

- Health Coaching offers one-on-one health support and guidance based on your overall personal health.
 - You'll work with a health coach who will assess your current health, assist you with setting realistic health goals and give you information about how to maintain healthier habits independently.
 - » *Online and Telephone Support*

Enroll in Health Coaching by calling 1-866-4-BCBSAZ



Health Portal:ClientPage:ClientPage - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/clientpage?id=alere://BCAZ_LGHC&pageId=LEFT%3AR

File Edit View Favorites Tools Help

Google Search More >> Sign In

Health Portal:ClientPage:ClientPage



Healthy Lifestyle | Diseases & Conditions | Personal & Family Health | Tools & Media

Search

Print A A

< Home

- LIFESTYLE CHANGE
- Personal Health Record
- Health Coaching

Health Coaching Program

There's no doubt, making healthy lifestyle changes can be challenging. For example, it can be tough to lose weight or quit smoking on your own. With the HealthyBlue® Health Coaching Programs you can get the support you need to make healthy lifestyle changes. Health Coaching offers one-on-one health support and guidance based on your overall personal health.

When you enroll, you'll work with a personal Health Coach who will assess your current health, assist you with setting realistic health goals and give you information about how to maintain healthier habits independently. This program is available to most BCBSAZ members.

There is no additional cost to enroll. All you need to do is call toll-free (866) 4-BCBSAZ (866-422-2729) and ask to enroll in the Health Coaching Program. Or, when you take the My BluePrint Health Assessment, a Health Coach may contact you based on the results.

Health Coaching is part of HealthyBlue, BCBSAZ's integrated program of tools, resources and services that can help you live a healthier lifestyle.

Get Started Today!

Privacy and the HRA



All HealthyBlue health and wellness programs are designed to comply with government regulations related to the privacy of personal health information.

- We will not use the health information you provide through questionnaires or health assessments to limit your health coverage or claims payment.

In addition, securing information is of utmost importance. We employ secure 128-bit encryption technology when transmitting information over the Internet.

- Please see the full Privacy Pamphlet, for any additional information.

Reporting



Some of the ways we do use your health information:

- **To determine health and wellness program eligibility or participation**
 - Disease Management
 - Health Coaching
- **To generate personal health scores and reports**
 - HRA results and personal report
- **To report overall health of employee populations to employers**
 - Information is de-personalized and reported in aggregate form.
- **To assist employers in the design of their Employee Wellness programming**
 - Programs designed through aggregate data analysis result in meeting the health and wellness education needs of the employees

Next Steps



1. Register for BlueNet (be sure to consider electing “Paperless EOBs”)
2. Schedule a Biometric Screening
3. Take the My BluePrint Health Assessment
4. Begin an online Healthy Living Program or telephonic Health Coaching Program
 - You may receive an outbound call from **Alere**, on behalf of BCBSAZ
 - or
 - You may self enroll by calling (866) 422-2729
5. Start living a more healthy lifestyle and enjoying the benefits!

Check out a Healthy Living Program – an online interactive behavior change plan



Health Portal:Default:Hlp Dashboard - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/default/hlp_dashboard?d=HLP&programNav=4&pageId

File Edit View Favorites Tools Help

Google Search More >>

Sign In

Home

Welcome, Mickey! Choose a program to start or continue! You may only participate in one at a time. Be sure to finish all six weeks!

Healthy Living Programs



Healthy Aging Program

Want to take steps to live healthier and feel younger? This program can provide the tools you need to make smart choices that can reduce your disease risk. [Try it today!](#)

[Learn more](#)

[Start Program](#)



Get In Shape Program

Whether you want to take the first steps towards being more active or are looking to improve your current activity plan, this program makes it easy! [Try it today!](#)

[Learn more](#)

[Start Program](#)



Stress Relief Program

Think stress is unavoidable? It's not! This program can give you the tools, support and advice you need to avoid and

Internet 100%

Sample Healthy Living Program:



Health Portal:Programs:Program - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/programs/program?programId=20044#Top

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Health Portal:Programs:Program

Home

Healthier Diet Program

[Your To-Do List](#) [Program Status](#) [Program History](#) [About This Program](#) [Change This Program](#)

Other Resources

- Articles
- Fact Sheets
- Recipes
- Quick & Easy Dinners

Healthier Diet Program

Week 1: Nutrition Basics

Your To-Do List

[Print articles](#)

Check each box as you complete your tasks!

- [Why Volume Matters](#): Learn how energy density of foods is one of the keys to successful weight management.
- [Nutrition Basics Q&A](#): Get the straight facts on the main nutrients your body needs.
- [Healthy Eating Quiz](#): Rate your eating habits with this fun quiz!
- [Progress Tracker](#): Use this easy tool to keep a food journal and understand your eating habits.

[Save Checked Items](#)

Program Week

- 1
- 2
- 3
- 4
- 5
- 6



Hi Mickey!

Your Goals This Week:

- Learn the basics of nutrition.
- Rate your eating habits.

Coming Next Week:
Know your trigger foods
(Starts Tuesday 07/12/11)

Want to Learn More?



[Healthy Foods Are Everywhere](#)
[Make Time for a Food Journal](#)

Try This Recipe



[Chicken Cacciatore](#)

Recommended Tool

[Virtual Supermarket](#)
Check out this tool for an aisle by aisle guide

Use the Meal Planner tool for an entire week's healthy meals:



Health Portal:Tools:Meal Planner - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/tools/meal_planner?pageId=HEADER%3AHealthy+Life

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Health Portal:Tools:Meal Planner

[Home](#)

Tools

- [Fitness Planner](#)
- [Meal Planner](#)**
- [Walking Challenge](#)
- [Diet Manager](#)
- [Progress Tracker](#)

Meal Planner

[Change my meal planner profile](#)

View your 7-day meal plan by:

Week View Day View Meal View

Grid*	List	1	2	3	4	5	6	7	Breakfasts	Lunches
									Dinners	Snacks

Selected Item

Click to swap your meal. Click to print your meal. Click a [Recipe](#) to see its detail. [Print this view](#)

Week View: Grid

Day	Breakfast	Lunch	Dinner	Snack
1	Cottage Cheese and Peaches SWAP PRINT	White Bean Bruschetta SWAP PRINT	Shrimp Couscous Salad SWAP PRINT	Daily Snacks
2	Hard Boiled Egg with Toast	Salad: Turkey Cobb	Macaroni and Cheese	Daily Snacks

Done Internet 100%

The Meal Planner provides you with recipes and Nutritional info:



Health Portal:Tools:Meal Planner - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/tools/meal_planner?pageId=HEADER%3AHealthy+Life

File Edit View Favorites Tools Help

Google Search More >> Sign In

Health Portal:Tools:Meal Planner

- Meal Planner
- Walking Challenge
- Diet Manager
- Progress Tracker

View your 7-day meal plan by:

Week View Day View

Grid	List	1	2	3	4	5
------	------	---	---	---	---	---

Click to swap your meal. Click to print your meal. [this view](#)

Individual Meal View

Day 7

Dinner

Chicken with Honey Mustard Glaze

Preheat oven to 400°. Combine:

- 1 tbsp. Dijon mustard
- 2 tsp. honey

Brush with sauce and place on lined baking sheet:

- 1 skinless chicken breast

Spray or drizzle with 1 tbsp. olive oil and surround chicken:

- 2 small red potatoes, chopped
- 2 medium carrots, chopped

Bake until juices of chicken run clear, about 30 minutes.

Serve with:

- 2 cups arugula or other salad greens tossed with 1 tbsp. balsamic vinaigrette

Calories: 765 Fat: 25g [Nutritional Info](#)

Chicken with Honey Mustard Glaze

NUTRITIONAL INFO

Per serving:

- 765 Calories
- 25g Fat
- 4g Saturated Fat
- 49g Protein
- 90g Carbohydrate
- 11g Fiber
- 645mg Sodium

Internet 100%

The Fitness Planner will build a customized workout – just for you:



Health Portal:Other Resources:Articles - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/other_resources/articles?hlp_content_id=466553#Top

Live Search

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Google Search More >> Sign In

Health Portal:Other Resources:Articles

Home

Other Resources

- Articles
- Fact Sheets
- Recipes
- Quick & Easy Dinners

Fitness Planner

Weight Loss Workout Plan

View Workout | Update Workout | Frequently Asked Questions

Back to Today's Workout

Friday Toning

Toning

Back	Sets: 2	swap	print
Cable One Arm Standing Lat Row	Reps: 10 - 12	exercise	detail

Position

- Stand with your feet a little wider than shoulder-width apart.
- Bend at your hips and slightly at your knees so your torso is at about a 45-degree angle.
- Grip the handle of the cable with one hand, keeping your wrist in a neutral position.
- Rest the non-working hand on your hip or the top of your thigh for stability.
- Contract your abdominal muscles.

Technique



Done Internet 100%

The animated model actively shows you exactly how to do the exercise:

Robust tools under the Healthy Lifestyle tab:



A screenshot of a web browser displaying the BlueCross BlueShield of Arizona website. The browser's address bar shows the URL https://wellnessaz.alerehealth.com/portal/server.pt/community/default. The website header includes the BlueCross BlueShield of Arizona logo and navigation tabs: Healthy Lifestyle, Diseases & Conditions, Personal & Family Health, and Tools & Media. A dropdown menu is open under the Healthy Lifestyle tab, listing categories like Food & Recipes, Stress Management, and Tools. The Tools section includes Progress Tracker, Meal Planner, Fitness Planner, Walking Challenge, and Diet Manager. A yellow banner on the right says "healthier? Let's make it happen!". Below that is a blue article preview for "USDA Serves Nutrition Advice on a Plate" with a "Read Article" button. At the bottom, there's a section for "Food Safety: What You Should Know" with a "1 LifePath Point" badge. The browser's taskbar at the bottom shows the Internet Explorer icon and a 100% zoom level.

An abundance of info under the Diseases and Conditions menu:



Health Portal:Default:Home - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/default

Search

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Healthy Lifestyle ▾ Diseases & Conditions ▾ Personal & Family Health ▾ Tools & Media ▾

You've Earned
10 LifePath Points
Earn more LifePath Points for a higher level reward!
How do I earn lifepath points?

HEALTH ASSESSMENT
My Credits
My BluePrint
Past Wellness Assessment
Healthy Living Programs
Online Seminars

LIFESTYLE CHANGE

Recommendations
USD
It's of histor
encou
Learn r

Diseases & Conditions

- Allergies
- Arthritis
- Asthma
- Back & Neck Pain
- Cancer
- Depression
- Diabetes
- Digestive Disorders
- Heart Disease
- High Cholesterol
- High Blood Pressure
- Irritable Bowel Syndrome (IBS)
- Kidney Disease
- Migraine Headaches
- Obesity
- Osteoporosis
- Respiratory Disease
- Sleep Disorders
- All Conditions

Other Resources

- Surgeries & Procedures
- Medications
- Symptom Checker
- Health Tools

Food Safety: What You Should Know
1 LifePath Point

Every year, millions of Americans suffer foodborne

Read Article

Internet 100%

The Personal and Family Health tab makes it easy to find topics of interest to you:



A screenshot of a Microsoft Internet Explorer browser window displaying the BlueCross BlueShield of Arizona Health Portal. The browser's address bar shows the URL https://wellnessaz.alerehealth.com/portal/server.pt/community/default. The page header includes the BlueCross BlueShield of Arizona logo and navigation tabs: Healthy Lifestyle, Diseases & Conditions, Personal & Family Health (which is active and has a dropdown menu), and Tools & Media. The dropdown menu for Personal & Family Health lists: Women's Health, Men's Health, 50+ Health, Children's Health, Family Fun, Home Care, Pregnancy, Navigating Healthcare, Supplements/Herbals, and Alternative Therapies. On the left side, there is a 'You've Earned' section showing 10 LifePath Points and a 'HEALTH ASSESSMENT' section with links to My Credits, My BluePrint, Past Wellness Assessment, Healthy Living Programs, and Online Seminars. The main content area features a 'Recommendations' section with two articles: 'USDA Serves Nutrition Advice on a Plate' and 'Food Safety: What You Should Know'. The 'Food Safety' article is highlighted with a '1 LifePath Point' badge. The browser's taskbar at the bottom shows the Internet Explorer icon and a 100% zoom level.

The Tools and Media is packed with interactive tools & resources:



Health Portal:Default:Home - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)

https://wellnessaz.alerehealth.com/portal/server.pt/community/default

File Edit View Favorites Tools Help

Google Search More >>

Health Portal:Default:Home

Search

BlueCross BlueShield of Arizona
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Healthy Lifestyle | Diseases & Conditions | Personal & Family Health

Tools & Media

- Interactive Tools
- Trackers
- Quizzes & Assessments
- Calculators
- Video
- Audio
- Conversations
- Online Seminars
- Newsletters

You've Earned

10
LifePath Points

Earn more LifePath Points for a higher level reward!

How do I earn lifepath points?

HEALTH ASSESSMENT

- My Credits
- My BluePrint
- Past Wellness Assessment
- Healthy Living Programs
- Online Seminars

LIFESTYLE CHANGE

Welcome, Mickey! Ready to live healthier? Let's make it happen

Recommendations

USDA Serves Nutrition Advice on a Plate

It's official. The traditional food pyramid is going to be history. Learn more about the new idea and the plan to encourage healthier eating.

Learn more

Read Article

Food Safety: What You Should Know

1 LifePath Point

Every year, millions of Americans suffer foodborne

Internet 100%

Interactive Tool: Rate your sandwich



Healthy Living Program - Microsoft Internet Explorer provided by BCBSAZ (cwugpo)
https://wellnessaz.alerehealth.com/portal/server.pt/gateway/PTARG5_0_4371867_501_230_0_43/https%3B/www.miaivita.com/fak/flashEmbed.jsp?CONTENT%3C%3Ecnt_id=586567&FOLDER%3



Build a Plate: Sandwiches

Print | Close

For many of us, sandwiches are a daily staple. But are they healthy? This tool lets you build your own virtual sandwich and shows you the nutritional value as you make your choices.

Build a Plate: Sandwiches

Nutrition Facts

Serving Size

Calories:

Fat:

Saturated Fat:

Sodium:

Carbohydrate:

Fiber:

Protein:

Added one serving of tomato.

Meal Totals	% Daily Value	Daily Value*
Calories: 214	9 %	2000
Total Fat: 3	4 %	less than 65 g
Saturated Fat: 0	0 %	less than 20 g
Sodium: 1102	46 %	less than 2400 mg
Carbohydrate: 22	7 %	300 g
Fiber: 2	8 %	25 g
Protein: 17		

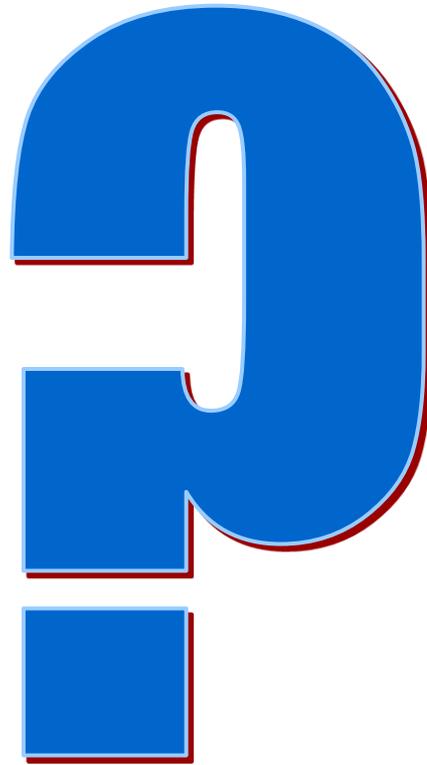
* Daily Values (DV) are based on a 2000 calorie diet. Your needs may be higher or lower depending on your calorie requirements.

HELP RESET

Source: Nutritional information is based on values from the USDA.

Select different items from the deli and see how it changes the nutritional profile of your sandwich.

Questions?



Now login to BlueNet and take
the

My BluePrint Health Assessment

Make it a healthy day!



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