

**One step
at a time!**

Register Today

Members

1. Go to **bcidaho.com** and select **Register now!** on the left side of the page.
2. If you are enrolled in Boise Cascade's healthcare benefits with Blue Cross of Idaho, select **Member**.
3. Enter your registration information (you'll need your ID card to register) and select the **Register** button.
4. You will receive an immediate message confirming your registration and an email with your username and password.

Guests

1. Go to **bcidaho.com** and select **Register now!** on the left side of the page.
2. If you are not enrolled in Boise Cascade's healthcare benefits with Blue Cross of Idaho, select **Guest**.
3. Enter your registration information (you'll need your employer's group number, 10033694) and select the **Submit** button.
4. You will receive an immediate message confirming your registration and an email with your username and password.

Once you've registered, return to **bcidaho.com** and enter your username and password to access your personalized home page. From here you can proceed to a variety of tools and links.

If you have any problems registering on the website or accessing the *WellConnected* tools, please contact the Blue Cross Customer Services department at 866-588-6173.



bcidaho.com

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**Four Easy Steps
to Better Health**



Boise Cascade

One Step at a Time

Good health doesn't happen overnight. You have to accomplish it with small, consistent steps along a path towards a more active and vibrant lifestyle - one that can serve you well across all aspects of your life. So, if adopting a healthier lifestyle is something you're interested in, our online health and wellness tools can help. All you have to do is take the first step.

WellConnected
offers you interactive
online tools to help
YOU
improve your health
and well-being.

These tools offer
a personalized approach to
improving your health.



Step One - Know Your Numbers

To make the best use of the online tools, you must first know your biometric measurements - those include your blood pressure, cholesterol levels, blood sugar and height/weight.

Step Two - Know Your Risk

Armed with your biometrics, now take an online personal health assessment at bcidaho.com. The result of your 20 minute time investment is an extensive health summary report, complete with a lifestyle score, information about your health risks and recommendations for health improvements.

Step Three - Improve Your Health

Likely the most important step, this one depends on you. Our online health coaching tools help you put your best foot forward with powerful, personalized-to-you insights, motivation, support and tools. These tools can help you **reduce stress, improve nutrition, get fit, lose weight and quit smoking**. They are easy to use, confidential and ready when you are.

Step Four - Make Better Health Decisions

Even people who are most healthy have questions and want to make informed healthcare decisions. Our Knowledgebase gives you access to information on **prevention, home treatment and when to call a doctor** for thousands of symptoms and health conditions.

Accessing the Online Tools is Easy

All you have to do is go to the Blue Cross of Idaho website at bcidaho.com. Under **Express Sign-on**, enter your self-selected username and password and hit enter or select **Log in***. From your home page, select the **WellConnected** icon (for members) or **Personal Health Assessment** icon (for guests).

**You must register on the website to gain access to the health assessment tool.*