

# Blueprint Wellness Portal

Healthy begins with you. 

blueprint

Wellness

Make your health a priority with the new **Blueprint Wellness Portal**, supported by Rally Health. Complete a survey with questions about your health and lifestyle that provides insight into how you're doing in areas like nutrition, fitness and stress – then get personalized recommendations so you can focus on reaching your health goals.



## See your health profile.

The health survey provides a personal snapshot of your nutrition, exercise, sleep, stress, alcohol consumption and where you can incorporate healthy habits.



## Become a goal-setter.

Choose goals you'd like to focus on based on your health profile, then get personalized recommendations to help you reach those goals. The Blueprint Wellness portal features easy missions that allow you to focus on eating healthy, ways to incorporate exercise throughout your day and healthy ways to manage your stress.



## Earn rewards.

Get virtual coins for completing your health survey, logging in regularly, participating in missions and taking steps to improve your health. Collect coins for bragging rights, donate coins to select causes or use coins within the portal marketplace.

Access your health survey by signing into the Blueprint Portal at [blueprintportal.com](https://blueprintportal.com) and selecting "Online Health Portal" under the Health & Wellness section.

Rally is offered at no extra charge as part of your healthcare plan. Rally Health, Inc. is a separate company that offers digital health experiences and education for eligible members of Arkansas Blue Cross and Blue Shield, licensees of the Blue Cross and Blue Shield Association.



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