

It is easy to complete a Personal Health Assessment and receive a \$25 incentive:



1. Have the following items ready before you begin

- o Your BCBSFL contract/member number (found on your insurance card).
- o Your biometric screening results (i.e., blood pressure, cholesterol, and glucose/blood sugar).
- o A computer with Internet access, a connected printer, and Adobe® Acrobat Reader 4.0 (or greater).

2. Logging-on to Personal Health Assessment

- o Type the following website address into your internet browser: <https://bcbsfl.traleexplorer.com/companylogin.aspx>
- o Enter the group name and group number (below). The Group Name and Number will be specific to the school.

ICUBA Location	Group Name (For Online Login)	Group Number (For Online Login)
Administration	ICUBA-ADMIN	65032-2012
Barry University	ICUBA-BARRY	65026-2012
Beacon College	ICUBA-BEACON	65027-2012
The Bolles School	ICUBA-BOLLES	41333-2012
Clearwater Christian College	ICUBA-CHRISTIAN	65028-2012
Edward Waters College	ICUBA-EDWARD	65029-2012
Florida Memorial University	ICUBA-FMU	65030-2012
Saint Leo University	ICUBA-LEO	65036-2012
Nova Southeastern University	ICUBA-NOVA	65033-2012
Palm Beach Atlantic University	ICUBA-PBAU	65034-2012
The Poynter Institute	ICUBA-POYNTER	56241-2012
Rollins College	ICUBA-ROLLINS	65035-2012
San Jose Episcopal Day School	ICUBA-SAN JOSE	51487-2012
Saint Edwards School	ICUBA-ST EDWARD	67312-2012
Saint Paul's School	ICUBA-ST PAUL	57206-2012
The University of Tampa	ICUBA-TAMPA	65037-2012
Tampa Preparatory School	ICUBA-TAMPA PREP	55949-2012
Florida Institute of Technology	ICUBA-TECH	65031-2012
Saint Mark's Episcopal Day School	ICUBA-ST MARKS	90914-2012
Central Florida AHEC	ICUBA-CFLAHEC	77700-2012
Everglades AHEC	ICUBA-EVGLAHEC	77705-2012
Good Shepherd Episcopal School	ICUBA-SHEPHERD	46292-2012

- o Select "continue" after reviewing and agreeing to the privacy statement.

3. New User Setup Screen

- o Create your own personal username and password (write these down for future access).
- o Enter your first and last name to be eligible for the \$25 incentive.
- o Enter your e-mail address (required for support/password assistance).
- o Select "gender" and enter your "date of birth" (use format mm/dd/yyyy).
- o Select "yes" because you are currently enrolled in the ICUBA Medical and Prescription Drug Plan.
- o Enter the numerical portion only (8-digits) of your contract/member number located on your ID Card.

4. Your Personal Health Assessment

- o Click "take assessment" to begin. You may exit and return to the assessment at any time by clicking "exit survey and complete later". The information you have entered will be saved.
- o To re-enter, click "HRA Re-Entry Link" and enter your username and password.
- o On the "biometric information" page, enter the following results you received from your screening:
 - Blood pressure
 - Total cholesterol number
 - HDL cholesterol number (DO NOT ENTER THE Total/HDL RATIO)
 - LDL cholesterol number – leave blank unless known
 - Triglycerides number – leave blank unless known
 - Glucose (blood sugar) number

5. Generating your personal health report

- o Select "download/view" to generate your confidential health report after completing the personal health assessment.
- o Important Note – The assessment cannot be altered once the report has been generated, so please review your responses for accuracy before generating your report.

When the Personal Health Assessment is complete, a \$25 deposit will be made to Your Health Reimbursement Account for Your participation. You can receive one deposit per Plan Year if You complete the Personal Health Assessment either between February 1 – April 30 or September 1 – November 30 of the applicable Plan Year. If You are a new Employee, You may receive this incentive if You complete the Personal Health Assessment within 30 days of Your eligibility date. You are also eligible if You complete a Personal Health Assessment at an Employer-sponsored health fair (Better You From Blue™). If You do not have a Health Reimbursement Account, You will be given a gift certificate.