

Blue Cross Health & Well-BeingSM online resources

Our Blue Cross Health & Well-Being online resources, powered by WebMD®, provide you with access to a broad range of health and well-being information and tools. Best of all, they're available at your fingertips 24 hours a day, every day, when you log in as a member at bcbsm.com or log in to your Blue Cross mobile app. Just click or tap *Health & Well-Being*, then *WebMD Health Services*, to enter the Blue Cross Health & Well-Being website.

Health assessment

Complete your health assessment to find out your personal health risks and what you can do to improve your health.

Symptom Checker

Use this interactive tool to help you determine what to do about your symptoms.

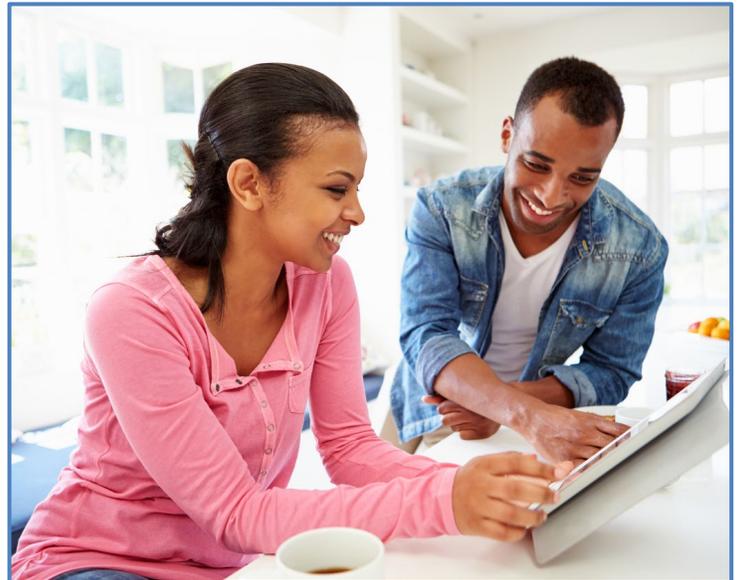
My Health Assistant

After you take your health assessment, the *My Health Assistant* page recommends the Digital Health Assistant programs that are best for you. The following Digital Health Assistant programs are available:

- Conquer Stress
- Eat Better
- Enjoy Exercise
- Lose Weight
- Quit Tobacco
- Feel Happier

My Pregnancy Assistant

If you're pregnant, plan to become pregnant or are supporting someone who's pregnant, this is a helpful tool. It contains a dashboard of quizzes, checklists, articles, videos, activities and images of the stages of fetal development that you can click on for more information.



Mental health podcasts

Listen to engaging podcasts on a variety of mental health topics, such as stress, anxiety, insomnia and suicide.

Recipes

Find hundreds of tasty and healthy recipes that can help you meet your nutritional needs.

Health Record

Store, maintain, track and manage your health information in one centralized, private and secure location.

Health Trackers

Chart your measurements over time. There are trackers for exercise, steps, diet, sleep, mood, pain and tobacco use.

Document Library

Easily upload and store your health care documents.

Device and App Connection Center

Sync more than 300 of your favorite fitness and medical devices and health-specific mobile apps so you have all your information in one location.

WebMD Health TopicsSM

This valuable resource allows you to search for a variety of health topics categorized by conditions, general health and procedures and surgeries.

Medical Encyclopedia

This complete health encyclopedia features a searchable database of health topics, medical tests, procedures, drugs and more.

WebMD Interactives

Find calculators, guides, quizzes, slide shows and other health information you may need.

Message Board Exchanges

Connect with others who have the same interests and health concerns as you, ask questions and find credible answers from experts in these professionally monitored message boards.

WebMD Video

Watch more than 1,000 videos about a variety of health topics and trends.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing health and well-being services.