

Track all your fitness activities in one place

with Blue Cross Health & Well-BeingSM



You can sync more than 250 of your favorite fitness and medical devices and apps with the Blue Cross Health & Well-Being website, powered by WebMD[®]. This is an easy and convenient way to track your information in one place. Follow the instructions below to get started.

1. Set up and create an account for your device or app by following the instructions that came with the device or app.
2. Once you've set up and registered your device or app, log in to your member account at bcbsm.com or open the Blue Cross mobile app, click or tap *Programs & Services*, click on *Wellness*, then click on *Go to WebMD*, to enter the Blue Cross Health & Well-Being website.
3. Click or tap on *Sync Devices & Apps* in the menu. The page will display all the devices and apps that can be synced with the site.
4. Find your device or app, then click *Connect Account*.
5. After your accounts are linked, sync your device or app with your account by following the instructions that came with the device or app. The data from your device or app will automatically upload.
6. To view the health measures you're tracking on the Blue Cross Health & Well-Being website, click or tap the *Health Trackers* card on the *Resources* page.

Need more help?

For more information about syncing your devices and apps, visit the Device and App Connection Center on the Blue Cross Health & Well-Being website at bcbsm.com, or call the Blue Cross Engagement Center at 1-800-775-BLUE (2583).



Confidence comes with every card.[®]