

**READY
TO HELP**









Blue Cross Well-BeingSM

Well-being simplified

Your health plan includes online well-being resources to help you make small, everyday changes to build healthy habits and improve your health. We work with Personify Health™ to offer these resources to you and your eligible family members 18 and older at no added cost.

Get ready to live your best life with:

-  Programs and resources that address your personal interests and health goals
-  Ability to sync with more than 100 fitness devices and apps, such as Apple Health and Google Fit*
-  A health assessment to help identify risk factors that could lead to chronic conditions
-  Self-guided well-being courses called Journeys® to help you build healthy habits that stick
-  A checklist to help keep track of well-visits, screenings and other care needs
-  A tobacco cessation coaching program to help you stop smoking, vaping or using nicotine

*If you use Max Go, Samsung Health, Apple Health or Google Fit, you must use the Personify Health app to synchronize them with your Blue Cross Well-BeingSM account. Search "Personify Health" in the App Store® or Google Play™ to download the app. Once synchronized, you can monitor your fitness activities in either your Blue Cross member account or the Personify Health app.

Sign up and get started

It's easy to access available resources:



STEP 1

Log in to your member account at bcbsm.com or our mobile app. Then select *Wellness* under the *Programs & Services* tab. Scroll down to *Blue Cross Well-Being* and select *Go to Blue Cross Well-Being*.

STEP 2

First-time visitors will need to enroll by completing the following:

- **Tell us who you are.** Confirm your name and enrollment details.
- **Legal and privacy.** Review and agree to the rules, data collection and privacy policy.
- **Create your account.** Add your email, make a password and provide some additional details to customize your experience.
- **You're all set.** Your account is ready. Select *Take Me There* to get started.

You won't need to sign up again on your next visit.

Personify Health is an independent company that provides health and well-being services on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

