



**READY
TO HELP**



Blue Cross Well-BeingSM

Track all your fitness activities in one place

Did you know you can synchronize data from your fitness app or tracker to Blue Cross Well-Being? Seamlessly connect with more than 100 devices and apps, including Apple Health, Fitbit, MyFitnessPal and Garmin.

Follow these simple steps to start syncing.

Step 1: Create a Blue Cross Well-Being account

Download the Personify Health™ app to access your well-being resources anytime, anywhere. To get started, search *Personify Health* in the Apple or Google app stores. Tap *Install* or *Get*. iPhones must run iOS 16 or above. Androids must run Android 10 or above.

If this is your first time using Blue Cross Well-Being, you'll need to sign up. If you've already created an account, skip ahead to the next step. To enroll, complete the following:

- **Search for your organization**, *Blue Cross Blue Shield of Michigan* and *Blue Care Network*.
- **Tell us who you are.** Confirm your name and enrollment details.
- **Complete the legal and privacy policy.** 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.

You can also access Blue Cross Well-Being resources by logging in to your member account at bcbasm.com or in the Blue Cross Blue Shield of Michigan mobile app. Once logged in, click *Programs & Services*. Under *Quick Links*, click *Blue Cross Well-Being* and then complete the enrollment steps noted above.



Step 2: Get in sync

1. Open the Personify Health app on your mobile device.
2. Tap *More* in the bottom right corner.
3. Select *Devices & Apps*.
4. Select your device or app and follow the on-screen instructions.
5. **Once connected, be sure to log in to the Personify Health app at least every two weeks to sync your data and track toward your overall well-being goals.**

You can also connect to a device by logging in to your member account at bcbsm.com or on the Blue Cross Blue Shield of Michigan mobile app. Here's how:

- From bcbsm.com, click the *Programs & Services* tab. Then select *Blue Cross Well-Being* under *Quick Links*.
- On our mobile app, select *Programs & Services*. Then select *Health Care & Well-Being*. Scroll down to *Blue Cross Well-Being*.
- Once you're on the Blue Cross Well-Being home page, select:
 - *More*
 - *Devices & Apps*
 - A device you would like to sync
 - *Connect*

You can monitor your fitness activities in either the Personify Health app or your member account.



The Apple App Store is a service mark of Apple Inc., registered in the U.S. and other countries.

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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.

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