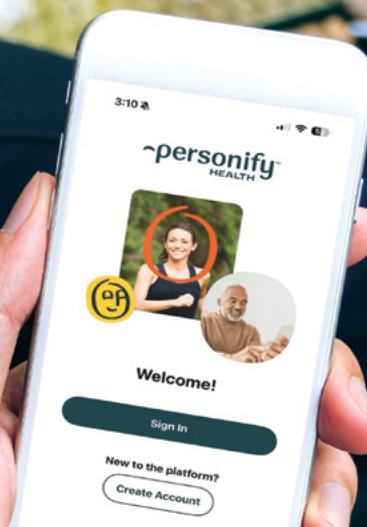


**READY
TO HELP**



Blue Cross Well-BeingSM

Take your well-being support with you

Download the Personify HealthTM app to access well-being resources anytime, anywhere.

Why download the app?

- Track your progress toward achieving your health and well-being goals.
- Complete well-being activities.
- Sync your fitness device or health apps.
- Take your health assessment, access coaching or complete a well-being Journey[®].
- Connect to well-being support and resources.
- Earn rewards, if applicable.

How to download the app.

- Search *Personify Health* in the [App Store](#) or [Google Play](#).
 - iPhones must run at iOS 16 or above.
 - Androids must run at Android 10 or above.
- Tap *Install* or *Get*.



First-time users will need to enroll, but it's simple. Complete the following:

- Search for your organization, *Blue Cross Blue Shield of Michigan* and *Blue Care Network*.
- Confirm your name and enrollment details.
- Review and agree to the privacy policy.
- Create your account. Add your email, make a password and provide some additional details to customize your experience.

If you use an activity tracker, remember to sync it at least every two weeks to keep your progress up to date.

Small steps. Big gains.
Get the Personify Health app today.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

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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.

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