



MIBBlue (“My Blue”) Skill for Amazon Alexa

Access health and wellness
resources on any Amazon
Alexa-enabled device.

Just say, “Alexa, open MIBBlue.”

- Get workouts and healthy recipes
- Ask questions about health insurance
- Entertain kids with jokes, activities and our all-new “Play Like a Lion” workout led by Matthew Stafford

“Alexa, ask MIBBlue to
Play Like a Lion.”

Work out with Matthew Stafford
exclusively on the MIBBlue Alexa Skill.



“Alexa, open MIBBlue.”





“Alexa, ask MIBBlue for a kids’ activity.”

Get health-related jokes, trivia questions and fun activities to get kids moving.

“Alexa, ask MIBBlue for a workout.”

Got 5 minutes? Get a total body workout.

“Alexa, ask MIBBlue for a healthy recipe.”

From baked avocado fries to roasted peach salad – healthy dinner, snack and salad recipes await.

“Alexa, ask MIBBlue what is an HMO?”

Need health insurance terms defined? Just ask.

“Alexa, ask MIBBlue for a meditation session.”

Relax and reset your mind to soothing sounds from Michigan’s wilderness. Breathe in, breathe out.

