



“Alexa, open MIBBlue.”

MIBBlue (“My Blue”) Skill for Amazon Alexa

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

Just say, “Alexa, open MIBBlue.”



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

Work out with Detroit Lions quarterback Matthew Stafford.

“Alexa, ask MIBBlue for a meditation session.”

Relax and reset your mind to sounds from Michigan’s wilderness.

“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 what is an HMO?”

Need health insurance terms defined? Just ask.

“Alexa, ask MIBBlue for a healthy recipe.”

Healthy dinner, snack and salad recipes await.

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