

Daily Victory and Weigh Today mobile apps help make small changes add up

The Blue Cross® Health & Wellness website, powered by WebMD®, offers innovative and helpful online tools that can help you get healthier. You can also bring those tools right to your mobile device with the **Daily Victory** and **Weigh Today** mobile apps.

The mobile apps sync with the Blue Cross Health & Wellness website so you can use all the tools available to help you make small changes to your health that can really add up.

The **Daily Victory** app is for people who are ready to start exercising, especially those who are having trouble getting started with an exercise program and need a little extra motivation. It gives you active reminders and gentle nudges to help reinforce and encourage healthy habits, and helps you sustain your new exercise habit over time. You can even connect with up to five co-workers to form a support group.

The **Weigh Today** app helps you take those first steps toward reaching and maintaining a healthy weight by encouraging you to weigh yourself every day. Weighing in daily helps you be more aware of your weight, which is critical in helping you establish a healthy weight.

Both apps are available for Apple and Android mobile devices for free in the iOS App Store or Google Play. Once you download the apps, it's easy to sync them with the Blue Cross Health & Wellness website:

1. Log in to or register at **bcbsm.com**.
2. Click the *Health & Wellness* tab to enter the Blue Cross Health & Wellness site. You'll need to register if it's your first visit.
3. Click the *Healthy Living* tab.
4. Click *Daily Victory* or *Weigh Today* to get the authentication key you'll need to enter into the app.

Find out more about the Daily Victory and Weigh Today apps on the Blue Cross Health & Wellness website.



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