

Let the Digital Health Assistant help you meet your health goals



A balanced life. More energy. Less stress. Let Blue Cross Health & Well-BeingSM Digital Health Assistant programs, powered by WebMD[®], help guide you toward your health goals.

Maybe you're determined to finally befriend kale or stop smoking. Maybe stress has taken hold of your life. Or maybe you want to feel energetic again. Digital Health Assistant programs can help you take small steps toward your health goals, whatever those are.

Here's what you can expect:

- **It's easy:** Just take it one step at a time, setting small goals and tracking your progress along the way.
- **It's versatile:** Whether you want to eat better, exercise more, lose weight, feel happier, manage stress or stop smoking, the Digital Health Assistant can help you out.
- **It's personalized:** Set your goal, choose your level (easy, moderate or challenging), then choose from more than 400 activities that appeal to your lifestyle, interests and schedule. All tips come straight from WebMD's expert health coaches.
- **It's mobile:** Track your progress on the go with your smart phone or tablet.

To get started, simply:

- Log in to your member account on **bcbsm.com** or the Blue Cross mobile app. You'll need to register if it's your first time logging in.
- On **bcbsm.com**, click on the *Programs & Services* tab, click on *Wellness*, then click on *Go to WebMD*, to go to the Blue Cross Health & Well-Being website; on the mobile app, tap *Programs & Services*. You'll need to register and accept the terms and conditions if it's your first time on the website.
- Click on *Goals* in the menu.

Log in today to get started toward a healthier life.



WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing health and well-being services.