

# Enjoy a personalized online well-being experience



Register today for the Blue Cross Health & Well-Being<sup>SM</sup> website, powered by WebMD<sup>®</sup>, for a custom well-being homepage tailored specifically for you.

The first time you log in through your Blue Cross member account at [bcbsm.com](http://bcbsm.com) or the Blue Cross mobile app, you'll be asked to choose:

- Up to three health interests, such as nutrition, exercise and stress management
- Health conditions you need help with, such as asthma, high blood pressure, cholesterol or diabetes

You'll see regularly updated information about the topics you've selected whenever you log in. You can update your health interests anytime by clicking *Settings* on the homepage.

The Blue Cross Health & Well-Being website also offers a variety of WebMD resources, including a health assessment, Digital Health Assistant programs, a Personal Health Record, health information, videos and recipes. You can access everything by clicking on *Resources* in the menu.

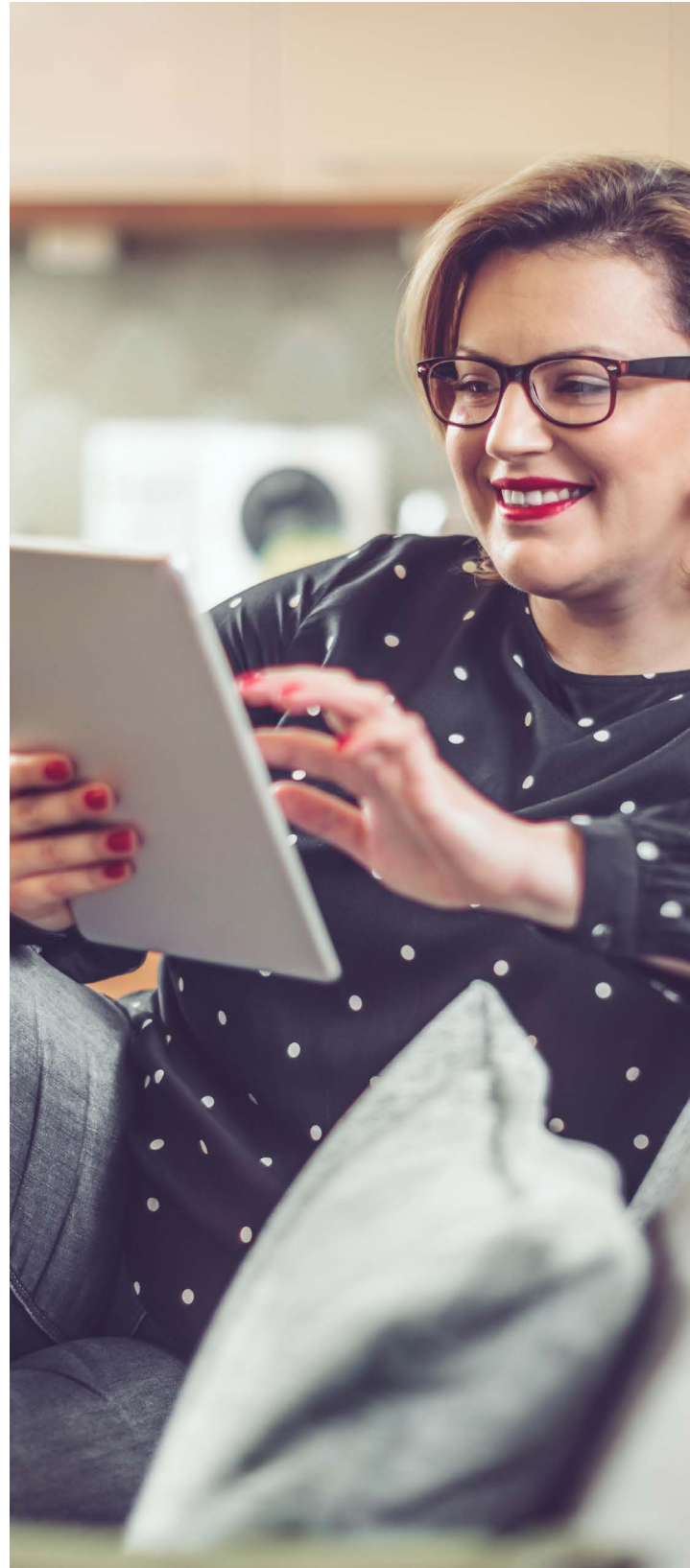
## Get started today.

### From [bcbsm.com](http://bcbsm.com):

1. Log in to your member account.
2. Click on the *Programs & Services* tab, click on *Wellness*, then click on *Go to WebMD*.

### From the Blue Cross mobile app:

1. Log in to the mobile app.
2. Click on the *Programs & Services* heart icon.



*WebMD Health Services is an independent company supporting Blue Care Network by providing health and well-being resources to members.*