

**READY
TO HELP**








Blue Cross Well-BeingSM

Improved well-being tailored to YOU

Expect more from your well-being program.

The online well-being resources included with your health plan are better than ever. We work with **Personify Health™** to give you free, innovative tools designed to help you set achievable health goals and get healthy for the long haul. Features include:

-  **Seamless integration** with more than 100 tracking devices and apps, including Apple Health
-  A **health assessment** to help identify health risks
-  A **checklist** to keep track of needed care like well-visits and screenings
-  Self-guided **well-being courses** called Journeys®
-  A tobacco cessation program to help you stop smoking, vaping or using nicotine

Log in to your member account at bcbsm.com or our mobile app to get started.

Personify Health is an independent company that provides health and well-being services on behalf of Blue Cross Blue Shield of Michigan and Blue Care Network. Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.