

**READY
TO HELP**



Improved well-being tailored to **YOU**

Your health plan includes tools and resources to help you make small, everyday changes to build healthy habits and improve your health. And they're available to you and your covered family members 18 and older at no added cost.

Blue Cross Well-BeingSM

The online well-being resources included with your health plan are now better than ever. We work with Personify Health™ to give you a best-in-class well-being experience.

Get ready to live your best life with:

- An enhanced online experience that delivers personalized daily content based on your interests, health risks and demographics
- Seamless integration with more than 100 tracking devices and apps, including Apple Health and Google Fit
- A checklist to help you stay on top of recommended preventive health care based on your specific needs
- A detailed health assessment with more guidance for modifiable health risks
- Self-guided well-being courses called Journeys® to help you build healthy habits that stick
- A Mayo Clinic-modeled tobacco cessation program to help you stop smoking, vaping and using nicotine

Log in to your member account at bcbsm.com or our mobile app to get started. Then select *Wellness* under the *Programs & Services* tab. Scroll down to *Blue Cross Well-Being* and select *Go to Blue Cross Well-Being*.

Other well-being resources

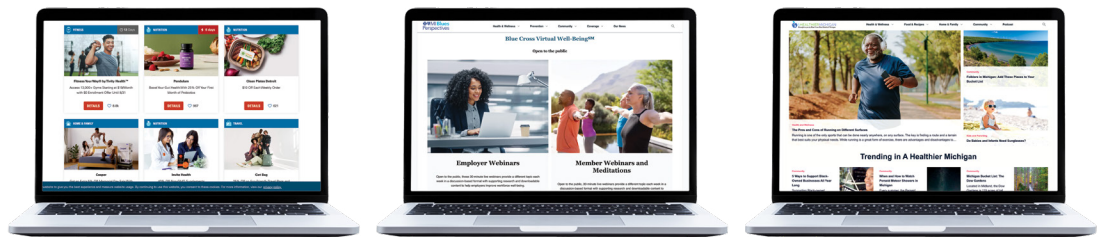
You also have these helpful tools to support your well-being journey.

- **Blue365®** offers discounts on health-related products and services, such as travel discounts, gym memberships and personal care items.
 - To start saving, log in to your member account at bcbsm.com or our mobile app. Select *Wellness* under the *Programs & Services* tab. Then select *Rewards & Discounts* and scroll down to Blue365.
- **Blue Cross Virtual Well-BeingSM** offers unique, weekly 30-minute well-being webinars and meditations.
 - Visit bluecrossvirtualwellbeing.com to register for upcoming webinars and meditations or to watch past sessions on demand.
- **A Healthier Michigan** blog shares information on everything from good mental health to smoothie recipes and workout hacks.
 - Visit ahealthiermichigan.org to explore.
- **24-Hour Nurse Line**
Our 24-Hour Nurse Line gives you access to registered nurses who are ready to answer your health care questions 24 hours a day, seven days a week.

You can talk to a nurse about:

- Symptom management
- Health information
- The audio health library

To talk to a nurse, Blue Cross Blue Shield of Michigan members can call **1-844-811-8460**. Blue Care Network members can call **1-855-624-5214**.



**Blue Cross
Blue Shield
Blue Care Network**
of Michigan

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.

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