

**READY
TO HELP**



Blue Cross Well-BeingSM

Choose your path to better well-being

Journeys[®]

When it comes to improving your health, small steps can lead to big things. With our self-guided well-being courses called Journeys, you'll get small, achievable steps that allow you to "try on" and build healthy habits that stick. We work with Personify Health™ to offer this resource to you and your eligible family members 18 and over at no added cost.

Whether you're looking to improve your eating habits, move more, sleep better or manage a health condition, these courses can help. Over 60 lifestyle and health-related Journeys are available.

How to get started

STEP 1

Log in to your member account at bcbsm.com or our mobile app. From bcbsm.com, click the *Programs & Services* tab. Then select *Blue Cross Well-Being* under *Quick Links*. From the app, select *Programs & Services*. Then select *Health Care & Well-Being*. Scroll down to *Blue Cross Well-Being*. First-time visitors will need to enroll.

STEP 2

Select *Journeys* on the *Health* tab. Find the Journey that's right for you. If you would like to view all the available Journeys in a topic, click *View All*.

STEP 3

Select the Journey you'd like to learn more about. Select *Start* to begin your Journey.



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.