

The Blue Cross® Health & Wellness Platform: Health Assessment, Digital Health Assistant and My Pregnancy Assistant

The Blue Cross Health & Wellness website, powered by WebMD®, provides a wide variety of online health resources to help members achieve a greater sense of well-being. Three of those resources include the health assessment, Digital Health Assistant programs and My Pregnancy Assistant.

Health assessment

The health assessment, which takes about 10 minutes to complete, gives a snapshot of your health and health risks. Here's how to take it:

1. Log in to your account on **bcbsm.com** or the Blue Cross mobile app.
2. From a computer, click on the *Health & Wellness* tab, then click on *WebMD*. From the mobile app, tap the *Health & Wellness* icon.
3. Click on or tap *Take Your Health Assessment*, or on *Health Assessment* under the *Healthy Living* tab.
4. Once you've answered all the questions, click or tap *Finish*.

Digital Health Assistant

Digital Health Assistant programs help you take small steps toward your health goals, whatever they may be. Here's how to access them:

1. Log in to your account on **bcbsm.com** or the Blue Cross mobile app.
2. From a computer, click on the *Health & Wellness* tab, then click on *WebMD*. From the mobile app, tap the *Health & Wellness* icon.
3. Click or tap *My Health Assistant* under the *Healthy Living* tab.

My Pregnancy Assistant

This is a great resource for women who are pregnant or planning to become pregnant, and their supporters. Here's where you can find it:

1. Log in to your account on **bcbsm.com** or the Blue Cross mobile app.
2. From a computer, click on the *Health & Wellness* tab, then click on *WebMD*. From the mobile app, tap the *Health & Wellness* icon.
3. Click or tap *My Pregnancy Assistant* under the *Healthy Living* tab.

Join us for our next weekly meditation session on your computer or mobile device:

Topic: Anxiety Release Meditation

Wednesday, April 17, 2019

8 to 8:10 a.m. Eastern time

[Register today.](#)