

# Let the Digital Health Assistant help you meet your health goals

A balanced life. More energy. Less stress. Let the Blue Cross® Health & Wellness Digital Health Assistant programs, powered by WebMD®, help guide you toward your health goals — whatever they may be — one step at a time. Reaching your health goals just got easier.

Maybe you're determined to finally befriend kale or stop smoking, and you just need a nudge in the right direction. Maybe stress has taken hold of your life, and you strive for more balance to do the things that matter. Or maybe you want to feel energetic again, and you know that starting an exercise habit will boost you out of that slump.

The Digital Health Assistant programs can help you take small steps toward your health goals, whatever those are.

Here's what you can expect:

- **It's easy:** Just take it one step at a time, setting small goals and tracking your progress along the way.
- **It's versatile:** Whether you want to eat better, exercise more, lose weight, feel happier, manage stress or stop smoking, the Digital Health Assistant can help you out.
- **It's personalized:** Set your goal, choose your level (easy, moderate or challenging), then choose from more than 400 activities that appeal to your lifestyle, interests and schedule. All tips come straight from WebMD's expert health coaches.
- **It's mobile:** Track your progress on the go with your smart phone or tablet.



It's easy to get started with the Digital Health Assistant programs. Simply:

- Log in to your member account on **bcbsm.com**. You'll need to register if it's your first time logging in.
- Click on the *Health & Wellness* tab to go to the Blue Cross Health & Wellness website. You'll need to register and accept the terms and conditions if it's your first time on the website.
- Click on the *Healthy Living* tab.
- Click on *My Health Assistant* to start choosing your goals and activities.

Log in today to get started toward a healthier life.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan by providing health and wellness services.



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HEALTH & WELLNESS