

# Blue Cross<sup>®</sup> Health & Well-Being online resources

Our Blue Cross Health & Well-Being online wellness resources, powered by WebMD<sup>®</sup>, provide you with access to a broad range of health and well-being information and tools. Best of all, they're available at your fingertips 24 hours a day, every day, when you log in as a member at [bcbsm.com](http://bcbsm.com) or log in to your Blue Cross mobile app. Just click or tap *Health & Well-Being*, then *WebMD*, to enter the Blue Cross Health & Well-Being website.

## Health assessment

Complete your health assessment to find out your personal health risks and what you can do to improve your health.

## Symptom Checker

Use this interactive tool to help you determine what to do about your symptoms.

## My Health Assistant

After you take your health assessment, the *My Health Assistant* page recommends the Digital Health Assistant programs that are best for you. The following Digital Health Assistant programs are available:

- Conquer Stress
- Eat Better
- Enjoy Exercise
- Lose Weight
- Quit Tobacco
- Feel Happier

## My Pregnancy Assistant

If you're pregnant, plan to become pregnant or are supporting someone who's pregnant, this is a helpful tool. It contains a dashboard of quizzes, checklists, articles, videos, activities and images of the stages of fetal development that you can click on for more information.

## The Daily Victory<sup>SM</sup> and Weigh Today apps

Download these WebMD apps to your mobile device then easily sync them with the Blue Cross Health & Wellness site to start making small changes in your exercise habits and weight.

## Recipes

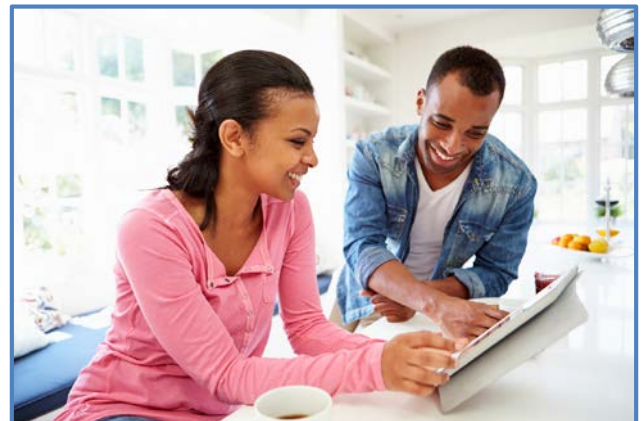
Find hundreds of tasty and healthy recipes that can help you meet your nutritional needs.

## Health Record

Store, maintain, track and manage your health information in one centralized, private and secure location.

## Health Trackers

Chart your measurements over time. There are trackers for exercise, steps, diet, sleep, mood, pain and tobacco use.



### **Document Library**

Easily upload and store your health care documents.

### **Device and App Connection Center**

Sync more than 300 of your favorite fitness and medical devices and health-specific mobile apps so you have all your information in one location.

### **WebMD Health Topics<sup>SM</sup>**

This valuable resource allows you to search for a variety of health topics categorized by conditions, general health and procedures and surgeries.

### **Medical Encyclopedia**

This complete health encyclopedia features a searchable database of health topics, medical tests, procedures, drugs and more.

### **WebMD Interactives**

Find calculators, guides, quizzes, slide shows and other health information you may need.

### **Message Board Exchanges**

Connect with others who have the same interests and health concerns as you, ask questions and find credible answers from experts in these professionally monitored message boards.

### **WebMD Video**

Watch more than 1,000 videos about a variety of health topics and trends.

WebMD Health Services is an independent company supporting Blue Cross Blue Shield of Michigan and Blue Care Network by providing health and well-being services.