



BLUE CROSS HEALTH & WELL-BEING

Additional detailed information is available at bcbsm.com

Basic building blocks to support and improve overall well-being

Online Well-Being Resources

Powered by WebMD, these well-being resources are available through your online member account at bcbsm.com and the mobile app.

- Health assessment
- Digital Health Assistant
- Symptom checker
- My Pregnancy Assistant
- Behavioral health podcasts
- Recipes
- Health record
- Health trackers
- Document library
- Devices and app connection center
- WebMD health topics
- Medical encyclopedia
- WebMD interactives
- WebMD videos

Blue365 Member Discounts

Get exclusive savings on national and Michigan-based products and services for a healthy and well-balanced lifestyle, including:

- Gym memberships and fitness gear
- Weight-loss programs and meal delivery kits
- Travel and recreation
- Lasik and eye care services, dental care and hearing aids

myStrength by Livongo

A digital resiliency tool to help with everyday stressors through self-guided tools, video modules and resources. The myStrength program helps with conditions such as depression, anxiety, substance use disorder, chronic pain and more.



Use the QR Code to learn about each of these solutions.



Blue Cross Virtual Well-Being

An inspirational tool to help you live your best life. Virtual Well-Being includes two live, interactive, science-based webinars and a guided meditation each week. Each webinar runs from noon to 12:30 pm, EST and has downloadable resources you can use in your workplace.

Visit bluecrossvirtualwellbeing.com to register for upcoming webinars and meditations or to view past sessions on demand.

Tobacco Coaching, powered by WebMD

Helps those who are ready to quit using tobacco products. By signing up for this program, you will receive five calls from a specialty trained health coach over a 12-week period, with unlimited calls and online resources.