

Change is good.

Lifestyle Improvement Programs— for a better you.

Lifestyle Improvement Programs from WebMD are **free** and easy-to-use health tools available to Blue Cross and Blue Shield of Florida members.

The screenshot shows the BlueCross BlueShield of Florida website interface. At the top, there's a navigation bar with 'Home', 'My Health', 'My Health Centers', 'Lifestyle Improvement', 'Health Information & Costs', and 'Healthy Fun'. The main content area is titled 'Lifestyle Improvement Programs: Home' and includes a section for 'Your Planners' with icons for exercise, meals, smoking, stress, and walking. Below that, there's a 'Next Steps' section with links to various program phases and an 'Act Now to Reduce Your Risks' section with text about risk factors.

- ▶ Visit bcbsfl.com/MyBlueService
- ▶ **Login/Register**
- ▶ Go to **Living Healthy**
- ▶ Select **My Health Manager** from WebMD
- ▶ Choose **Lifestyle Improvement Programs** under Get Started
- ▶ Click the Program of Your Choice

Take charge of your health
by participating in one or more
Lifestyle Improvement Programs today.



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Powered by
WebMDSM

Get started on a better you today with Lifestyle Improvement Programs.

- ▶ **Emotional Health** Achieving and maintaining a positive mood can help improve your overall happiness and well-being, enhance your immune system and reduce stress.
- ▶ **Exercise** Stay fit, mentally sharp and prevent illness with regular exercise you can work into your daily life.
- ▶ **Nutrition** Eating right can help lower your risk of disease and help you maintain a healthy weight.
- ▶ **Smoking Cessation** Quitting smoking can help reduce your risk of heart disease and stroke, and improve your self esteem.
- ▶ **Stress Management** Learning how to manage stress can help decrease your risk of disease and positively impact your overall well-being.
- ▶ **Weight Management** Exercising and eating right can help prevent illness, improve your mood and keep you fit.

Lifestyle Improvement Programs offer readings, journaling activities and personalized planners with practical tips and information that help you track your progress and success.

Don't wait, visit bcbsfl.com/MyBlueService today and get started on a healthier you!



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