



Strive, powered by WebMD ONE, can help you reach your well-being goals and be the best “you.”



An independent licensee of the Blue Cross Blue Shield Association.



ACHIEVE WHAT MATTERS MOST

Strive is a personalized well-being experience. Whether you'd like to spend more time working out at home, focusing on mindfulness, being active with your family, or doing anything in-between, Strive can be customized to help you achieve your unique goals.

It provides you with a recommended action plan, a personalized homepage, and other tools that can help guide you:

HEALTH ASSESSMENT

A personalized status report with tips to improve.

DAILY HABITS

Track your goals and take control of your well-being.

HEALTH COACHING

A free, confidential service to help you reach your goals.

STRIVE TEXT

Free text messaging program that can help you maintain a healthy lifestyle, manage stress or cope with a chronic condition. Login to your **BlueAccess** account to enroll.

START STRIVING FOR MORE.

bcbsks.com/strive

