



Find Your Feel-Good

Navigate your way toward better well-being with **Strive**, powered by WebMD ONE.



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Discover health and happiness

Strive can help guide you toward your healthy place. Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting tools and resources that can help you enjoy better well-being and experience more feel-good moments in your life.

Map your way toward well-being with proven resources:

- **Health Assessment**—Receive a personalized report on your health along with steps to help you improve it.
- **Daily Habits**—Set and track health goals through a personalized, mobile-first experience.
- **Health Coaching**—Work one-on-one with a trained health professional for free.
- **Media Library**—Watch videos and listen to podcasts on well-being topics.
- **Device and App Connection Center**—Connect a fitness device or app to automatically upload your activity.
- **Personal Health Record**—View all of your health information in one place.

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.

Download our mobile app, **Wellness At Your Side**

1. Scan the QR code to download the Wellness At Your Side app.
2. Open the app and enter your connection code: **BCBSKS**.
3. Sign-in using your BlueAccess username and password.



bcbsks.com/strive

