



Strive, powered by WebMD ONE, can help your employees reach their well-being goals.

ACHIEVE WHAT MATTERS MOST

Strive is a personalized well-being experience. Whether your employees would like to spend more time working out at home, focusing on mindfulness, being active with their family, or doing anything in-between, Strive can guide your employees to smarter decisions, improved outcomes and real behavior change.

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

HEALTH ASSESSMENT

A picture of current health and lifestyle habits that drive recommendations, actions and accountability to improve health and well-being.

The WebMD Health Assessment offers six sets of expertly calibrated questions that collect information about all aspects of behaviors and health measures to provide a comprehensive health snapshot.

DEVICE CONNECTION CENTER

A centralized location where your employees can connect their favorite devices and apps to have data automatically integrated into your wellness program.

DAILY HABITS

As the primary driver of behavior change within the Strive well-being experience, Daily Habits offers a personalized set of activities based on an individual's health information and personal interests, making it simple to stay engaged, make progress and accomplish well-being goals.

STRIVE TEXT

Free text messaging program that can help your employees maintain a healthy lifestyle, manage stress or cope with a chronic condition.

You want your employees to reach their well-being goals. Learn more about Strive and download posters, flyers and other resource materials. bcbsks.com/strivetools

Your employees can register for Strive by logging in to their **BlueAccess** account and selecting the **Strive** section.

START STRIVING FOR MORE.

