

ThriveWell<sup>SM</sup> powered by Virgin Pulse

# WELLBEING FOR ALL, ALL IN ONE PLACE

Introducing ThriveWell, a digital home base for your health and wellbeing. Our partnership with Virgin Pulse will give you the tools and support you need to make small, everyday changes to your wellbeing that are focused on the areas you want to improve the most. You'll build healthy habits, have fun with friends and experience the lifelong rewards of better health and wellbeing.

**Within ThriveWell, you can:**



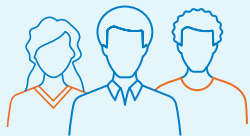
Connect a fitness tracker so you can log your activity and watch for small improvements over time.



Set your interests by choosing to work on an area that matters the most to you, like eating habits, sleep, physical activity, relationships or finances.



See a clear picture of your health with a certified Health Risk Assessment (Health Check).



Add friends and family, connecting with up to 10 others to help encourage and motivate one another.



Rally coworkers for the latest company step challenge! Or gather a small group of coworkers or friends, and challenge one another to start a new healthy habit.



Use the digital coaching tool to make simple changes to your health, one small step at a time.



**ThriveWell is now included with your health plan. Log into your member account to get started. [Member.ExcellusBCBS.com](http://Member.ExcellusBCBS.com)**

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Our Health Plan complies with federal civil rights laws. We do not discriminate on the basis of race, color, origin, age, disability, or sex.

Atención: Si habla español, contamos con ayuda gratuita de idiomas disponible para usted. Consulte el documento adjunto para ver las formas en que puede comunicarse con nosotros.

注意：如果您说中文，我们可为您提供免费的语言协助。请参见随附的文件以获取我们的联系方式。