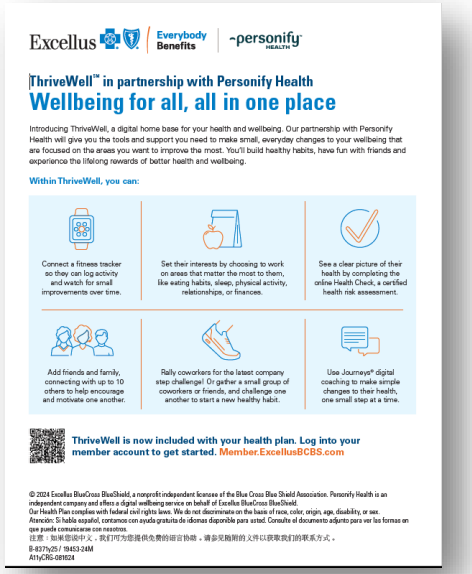
# Wellbeing for all, all in one place.

Our digital home base dedicated to engaging teams in health wellbeing, called ThriveWell! Every business wants to help their employees live their best and so we're providing the tools and resources to help make it easier.


Excellus | Everybody Benefits | personify HEALTH

ThriveWell™ in partnership with Personify Health

Wellbeing for all, all in one place

Introducing ThriveWell, a digital home base for your health and wellbeing. Our partnership with Personify Health 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 they can log activity and watch for small improvements over time.

Set their interests by choosing to work on areas that matter the most to them, like eating habits, sleep, physical activity, relationships, or finances.

See a clear picture of their health by completing the online Health Check, a certified health risk assessment.

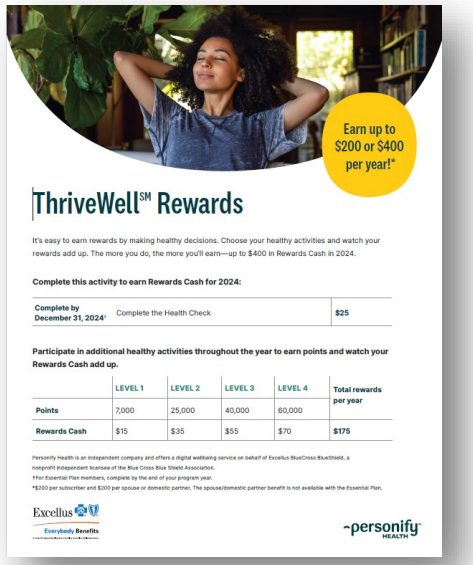
Add friends and family, connecting with up to 10 others to help encourage and motivate one another.

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 Journeys® digital coaching to make simple changes to their 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

© 2024 Excellus BlueCross BlueShield, a nonprofit independent licensee of the Blue Cross Blue Shield Association. Personify Health is an independent company and offers a digital wellbeing service on behalf of Excellus BlueCross BlueShield.
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。
B-837h/25 / 19453-24M
AttyCRG-081624




## Member Materials:

- Overview Member Flyer
- Member Guide
- Rewards Flyer

[Click the links to learn more]