

# Progress is Personal

**Strive** can help you achieve better well-being, at your pace.



Health goals happen differently for all of us. With **Strive**, you'll get the support you need to stay focused on improving your own selfcare—from starting a fitness routine to setting aside time to rest.

## Find resources that can help with every health goal:

- **Health Assessment**—Learn exactly where your health stands. Answer this quick questionnaire to get a personalized health report and recommendations.
- **Daily Habits**—Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and see your progress.
- **Strive Text**— you'll work with a health coach to guide and motivate you through engaging text messages to help maintain or build healthier habits.
- **Explore and Learn**—Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and more.
- **Device and App Connection Center**—Automatically track and upload your activity with a fitness device or app.
- **Personal Health Record**—A simple way to view all your health information in one place.

## Download our app

1. Visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code: **BCBSKS**.
3. Register a new account and personalize your experience by answering a few questions.



Get started today at [bcbsks.com/strive](https://bcbsks.com/strive).

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