

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 self-care—from starting a fitness routine to setting aside time to rest.

Get started today at bcbsks.com/strive.

Download our app

1. Visit the Apple App Store or the Google Play Store and search for "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.

*If you are already registered, sign in using your BlueAccess username and password.



© WebMD Health Services Group, Inc.