



Connect Your Employees to Better Health

Proven Health Tools for You and Your Employees

Blue Cross Blue Shield of Wyoming offers your employees access to the latest health and wellness news, tips and recommendations—powered by the experts at WebMD Health Services.

Encouraging employees to be their healthiest is important to you—and us!

WELLNESS RESOURCES FROM BLUE CROSS BLUE SHIELD OF WYOMING

- **Health Assessment** – Asks a variety of questions about diet, exercise, sleep and medical history to provide a personalized health report with recommendations.
- **Daily Habits** – A fun, interactive tool that can help anyone exercise, sleep better, manage a condition and more.
- **Mental Health Podcasts** – A library of mental health podcasts that provide employees with techniques for coping with all types of stress.
- **Financial Well Being Content** – Teaches people how to save money and secure their financial future.
- **Wellness Media Library “Coaching University”** – Expansive video library providing fun tips from our coaches to support your health goals.
- **Trackers** – Use a fitness device or app to automatically track your activity.

WELLNESS THAT WORKS

People who used WebMD ONE have improved their wellness in many ways:

57% worked toward a goal and managed a condition.

50% exercised more often.

60% managed their diabetes.

65% managed hypertension.

62% managed asthma.



WebMD ONE

WebMD ONE is the most empowering well-being platform. With a thoughtful and personal approach to connecting individuals with the best solutions for their needs, WebMD ONE helps to inspire well-being in everyone—all while helping organizations exceed their business objectives. Plus, your audience can be sure their information is safe with us. WebMD Health Services holds the HITRUST CST certification, the gold standard in health data security.

WebMD ONE helps individuals:

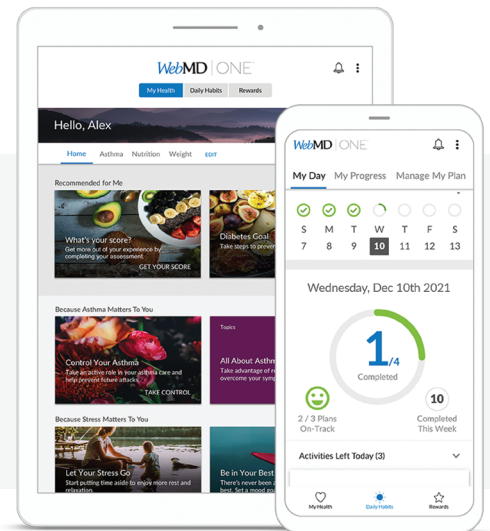
- Begin or continue their personal journey toward well-being.
- Understand their current health status and areas to improve.
- Create daily habits that lead to long-term behavior change.
- Connect with peers who are working toward the same goals.
- Find and access the tools, resources and benefits their organization offers.

WebMD ONE helps organizations:

- Create and maintain a culture of well-being.
- Increase engagement.
- Address whole-person well-being.
- Empower people to live happy, healthy lives.
- Offer strategic, relevant solutions for everyone.

There's so much WebMD ONE can support.

It even integrates with your other partners and internal resources to make finding and using all your offerings easy. And, each solution can be targeted to specific segments of your population to provide even more personalized well-being experiences.



The instant reward of seeing the progress or completion is motivating. It's also quick and easy to log in and check tasks off, which makes it more likely that I will do it."

-PARTICIPANT



The greatest opportunity with WebMD ONE was to incorporate our other programs beyond wellness—stewardship, sustainability, diversity and inclusion, and learning and engagement. It was important to us to incorporate all of these programs into one for holistic well-being."

-CLIENT

WebMD Health Services is an independent company providing well-being solutions for Blue Cross Blue Shield of Wyoming clients and members. Anew360 is a wellness program provided by Blue Cross Blue Shield of Wyoming.