



**Blue Cross  
Blue Shield  
Blue Care Network**  
of Michigan

**Step 1:** Simply log into your Blue Cross Blue Shield of Michigan (BCBSM) or Blue Care Network (BCN) member account at [bcbsm.com](https://bcbsm.com) or from the mobile app.

- If you are a first-time user, you will need to register. You should have received a BCBSM Wellness Only Plan ID Card in the mail when you were initially hired. This ID card contains all the information you will need to complete the registration process.

**Step 2:** Click on the “**Take the Health Assessment**” tile, to enter the WebMD Health Services website.



- If logging on from the app, click on **Programs & Services**, then click on **Wellness**. Scroll down and click on **WebMD Health Services**.
- If this is the first time you are entering the WebMD site, you will need to accept the terms and conditions, provide the information requested and choose your areas of interest to customize the website.
- Make sure you click or tap **Save & Continue** before you move to the next set of questions.

**Step 3:** Once you have answered all of the questions, you can review your responses by clicking on **Review Answers**, or complete your assessment by clicking on **Finalize**.

**Step 4:** Complete the additional sections about healthy changes, contact information and feedback. When you are done, click **Finish**.

- You will be taken to the results page where you can review your health score and other valuable information that can help you improve your health.

If you have problems registering, questions about the app, or need help installing or using it call the **Web Help Desk at 888-417-3479**.