

Get started



Your step-by-step guide to Achieve Well-being

What's preventing you from reaching your health goals? With the new motivating and personalized well-being tools from Independence Blue Cross, you can achieve your unique health and well-being goals in a way that is simple, easy, and fun.

Follow your personal path to achieve your health goals

The Achieve Well-being tools break down your health journey into small, manageable steps that lead to big results.

1 Register for ibxpress.com

Begin your journey by registering on our member website — ibxpress.com. If you've already registered, log in and go to the *Achieve Well-being* section.

2 Complete the Well-being Profile.

The Well-being Profile is an easy-to-use health survey that only takes 15 minutes to complete. It gives you a snapshot of your current health and health history, lifestyle habits, overall well-being, and risk factors. Based on your answers, it gives you a private and personalized report detailing what you are doing well, suggested areas of improvement, and recommended focus areas.

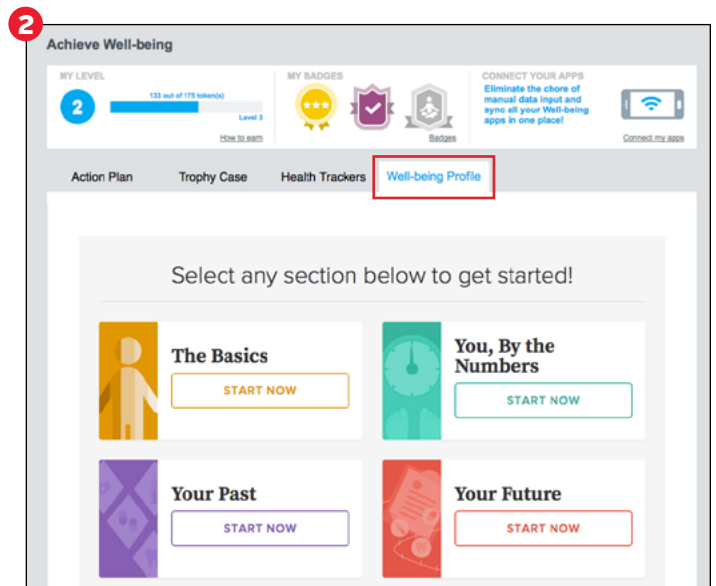
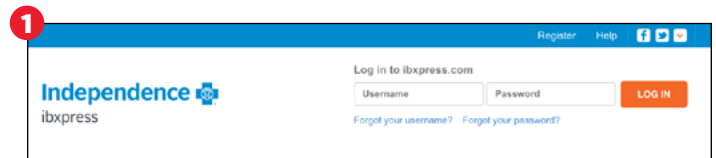
BADGE EARNED:

Healthy Self



Convenient tools for your busy lifestyle

Visit ibxpress.com or download the IBX mobile app to start your well-being journey today!



4 PRIMARY FOCUS AREAS

- Physical activity
- Sleep
- Nutrition
- Stress management

Additionally, you can choose to focus on depression prevention, financial well-being, responsible drinking, or becoming tobacco-free.

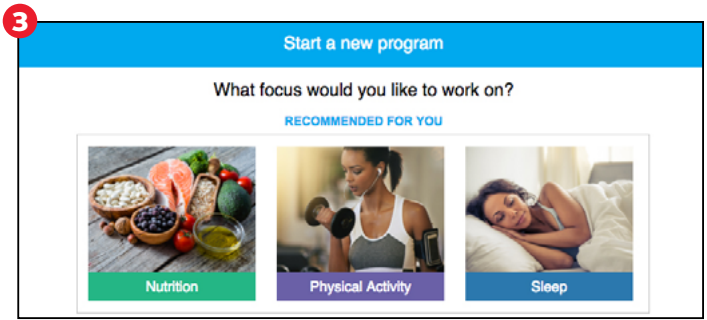
3 Start a program.

Once you complete your Well-being Profile and get your recommended focus areas, you can choose from hundreds of programs in each focus area to create a personalized Action Plan and daily activities to help you meet your goals.

COMPLETING A PROGRAM IN 4 FOCUS AREAS

BADGE EARNED:

Holistic Health



4 Develop your Action Plan.

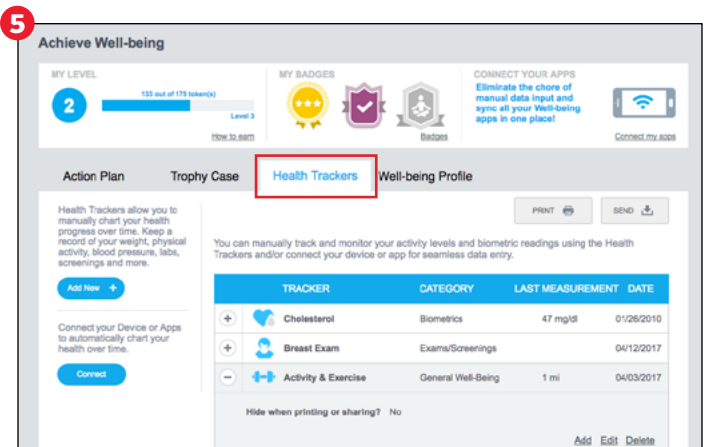
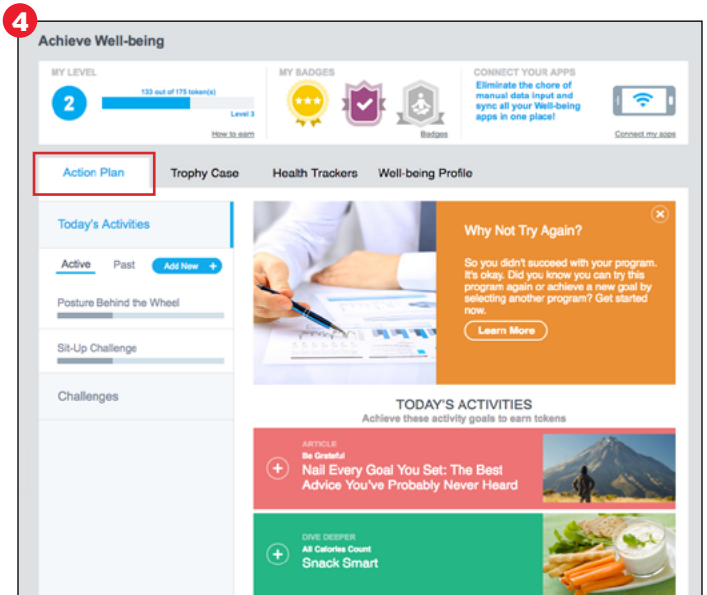
After you choose your program(s), your daily Action Plan will display any current programs or challenges you are participating in, as well as helpful articles, videos, tasks, and healthy recipes that relate to your chosen focus areas. You can also access a more expansive library of Health Content, located in the Resource Center, or use the Health Navigator tool to search health topics by symptoms, injuries, diseases, etc.

5 Track your activity levels with Health Trackers.

It's easy to track your progress and daily activity. If you already use other apps or devices (like FitBit®, MapMyRun, MyFitnessPal, etc.) to track your health and well-being, you can sync them to ibxpress.com. Your personal data will be fed back to the Health Trackers tool so you don't have to manually upload it.

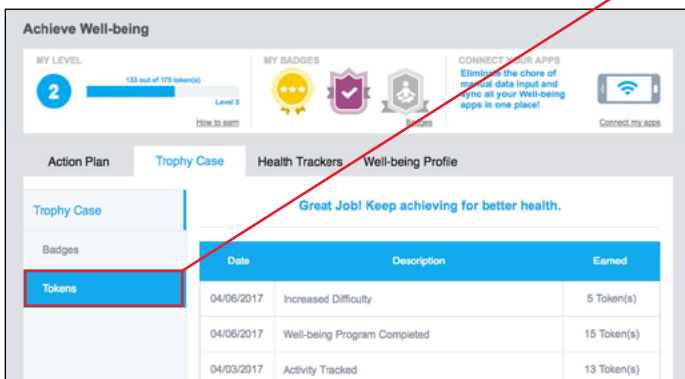
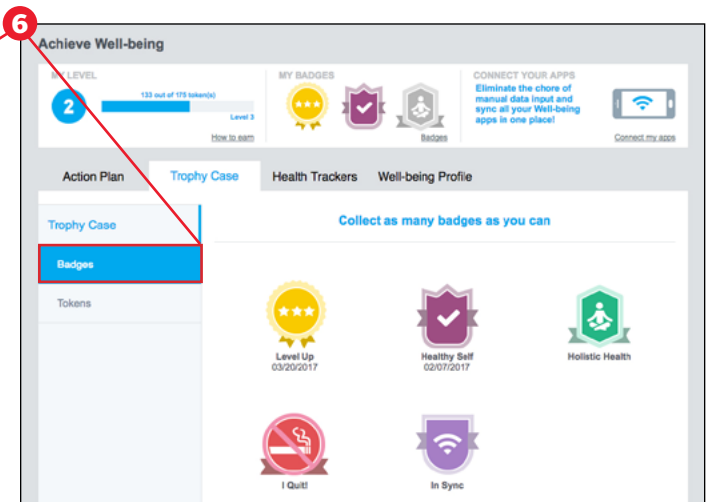
BADGE EARNED:

In Sync



6 Stay motivated to achieve your goals with tokens and badges.

Earn tokens for completing activities such as logging into ibxpress.com, completing the Well-being Profile, finishing a program, or syncing a health tracking app. You can also earn badges for specific activities such as completing at least one program in each of the four primary focus areas.



7 Look for encouraging messages and reminders.

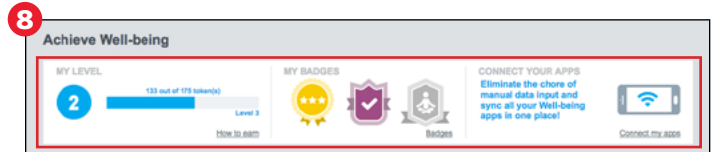
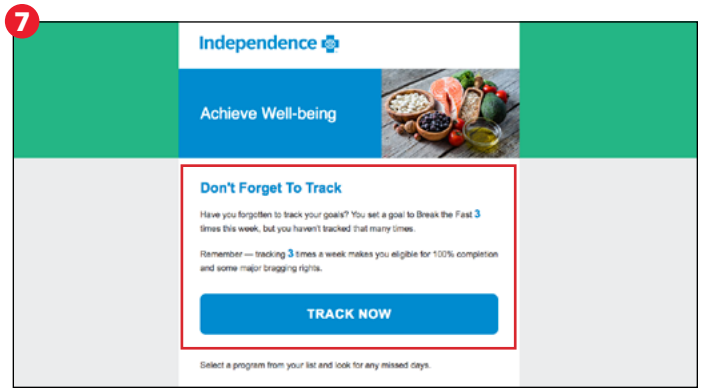
Along the way, you'll get helpful reminders and supportive messages about your programs via text or email.

8 Keep track of your results.

Your personalized well-being homepage will show your progress and results.

Something for everyone

No matter where you are on your well-being journey, Independence has the programs, support and information you need to achieve your health goals.



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Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.