

Everything a healthy you needs.



Personalized health begins with:



Health Assessment - This survey includes medical history, lifestyle choices, mental well-being, and Social Determinants of Health* (SDOH). After completing, you'll receive personalized ways to help improve your health.



Health Dashboard - With health metrics from your Health Assessment and connected trackers, we can provide a complete picture of your well-being — helping you turn data into action.



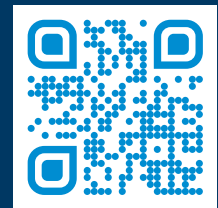
Digital Health Programs - Choose from over 70 programs relating to chronic conditions, nutrition, family health, fitness, mental health, preventive care, and more.



Challenges - A library of five solo challenges that focus on physical, mental, and social health.

* Social Determinants of Health (SDOH): a set of health- and non-health-related questions to identify possible barriers that may impact your overall well-being.

AllMyHealth has what you need to manage your benefits and reach your health goals — all in one place. It personalizes your experience to offer wellness insights, guidance, and resources that can be found on the **Journey** tab. It's also easy to access, whether on your phone or your laptop.



To gain full access to your Health Assessment and other wellness resources, complete the “Review the Agreements” task on your home screen.

Scan the code to download or open the app or visit AllMyHealth.com.





Blue Cross Blue Shield of North Dakota complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, gender identity, sexual orientation or sex. This information is available in alternate formats, free of charge, by calling Member Service at 1-844-363-8457 (toll-free) or through the North Dakota Relay at 1-800-366-6888 or 711.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-844-363-8457 (TTY: 1-800-366-6888).

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: 1-844-363-8457 (TTY: 1-800-366-6888).