

Make healthy choices with **Balance**[®]

Could you use more energy or a better night's sleep? Maybe you'd like to be naturally inspired to eat a few more fruits and veggies or drink more water throughout the day? We all have habits and behaviours we could change that would improve our health. Balance helps you determine what those changes are so you can start addressing your health risks today to become a better, healthier you tomorrow.

You can access Balance, an online wellness platform, through the Alberta Blue Cross member web site at members.ab.bluecross.ca. Simply sign in using your login ID and click "Balance" under the "Your benefits" tab.

Balance is full of useful information and trackers to help you make lifestyle changes. Through Balance, you can

- complete an initial health risk assessment;
- receive a personal health report card, health score and action plan;
- complete targeted health education modules;
- sign up for daily medication, refill and appointment reminders;
- track your health-related activities;
- set personal health goals; and
- much more.

BALANCE[®]
Your life ▲ Your rewards

Get rewarded

Your reward for using Balance isn't just becoming healthier and feeling better. Simply using the site and tracking your health will help you earn points, which can be used to enter to win fitness related items and a variety of great gift cards from popular retailers. It's simple. The more you use the site, the more points you earn and the greater your chances to win a prize.

To learn more about Balance, sign in today or call **Alberta Blue Cross Customer Services team at 1-800-661-6995**.

 **ALBERTA
BLUE CROSS**[®]

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