

GET INTO HEALTHY HABITS

TRY THE DAILY VICTORYSM AND WEIGH TODAYSM APPS FROM WEBMD[®]

It can be challenging to make healthy habits a part of your life. The Daily Victory and Weigh Today apps are two tools to help you get started with physical activity and weight management.

These apps are free of charge and work with Apple[®] and Android[™] devices.



DAILY VICTORY

- Establish a habit of daily physical activity through as little as five minutes a day.
- Start at your own pace and adjust gradually.
- Take advantage of daily reminders, a simple tracker and a support network of your closest colleagues.



WEIGH TODAY

- Get into the healthy habit of weighing yourself daily and tracking your weight.
- Take advantage of daily reminders, an interactive progress chart and animated badges to keep you motivated.
- Sync to your WebMD account and automatically update the My Health Assistant and Activity Trackers apps.



STEP 1: DOWNLOAD THE APPS

- Search for the Weigh Today/Daily Victory apps in Google Play[™] or the iTunes[®] App StoreSM.
- Download the apps to your mobile device.

STEP 2: ACTIVATE THE APPS

- Log in to highmarkbcbsde.com.
- Click on the **Health & Wellness** tab and select the **Healthy Living** tab.
- Click on the **Daily Victory** or **Weigh Today** promotional ads (along the right side of the page) for instructions to obtain the authentication key.
- Get your authentication key.
- Launch the app on your mobile device.
- Enter your last name and authentication key when prompted.

You're ready to go!

Apple and iTunes are registered trademarks of Apple Inc. App Store is a service mark of Apple Inc.

Google Play and Android are trademarks of Google Inc.

Weigh Today and Daily Victory are service marks of WebMD.

WebMD Health Services is a registered trademark of WebMD, LLC, an independent and separate company that supports Highmark Blue Cross and/or Blue Shield online wellness services. WebMD Health Services is solely responsible for its programs and services, which are not a substitute for professional medical advice, diagnosis or treatment. WebMD Health Services does not endorse any specific product, service or treatment.

Highmark Blue Cross Blue Shield Delaware is an independent licensee of the Blue Cross and Blue Shield Association.

11/15

CS 202157 PID11638