



Go Boldly Toward Well-Being

Daily Habits from **Strive**, powered by WebMD ONE, uses behavioral science to help you improve your well-being. It's fun, easy to use and doctor-approved.

Stay motivated, achieve results, and be confident that your health is headed in the right direction. Plans include:

- Enjoy Exercise
- Balance Your Diet
- Keep Stress in Check
- Lose Weight
- Quit Tobacco
- Cope With the Blues

Take control of your well-being today at bcbsks.com/strive.