

Be Well Vermont USER GUIDE

Be Well Vermont can help you make small, daily changes that can have a big impact on your well-being, focusing on the areas you want to improve the most. Engage daily to build healthy habits, have fun with coworkers, and experience the lifelong rewards of better health.

**Kickstart your
well-being!**



Have questions? We're here to help.

- Check out support.personifyhealth.com
Live chat: Monday–Friday, 2 a.m.–9 p.m. ET
- Give us a call: **888-671-9395**
Monday–Friday, 8 a.m.–9 p.m ET
- Send us an email: support@personifyhealth.com

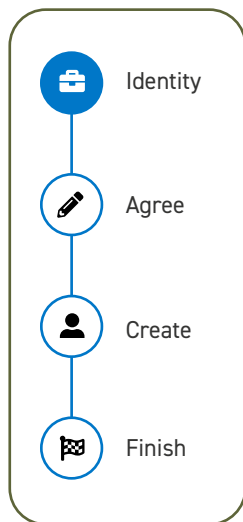
Sign up and get started

- Step 1** Visit www.bluecrossvt.org/bewellvt or download the app and select **Create Account**. When asked to select your sponsor, please select "Blue Cross and Blue Shield of Vermont."

SCAN THE QR CODE TO
DOWNLOAD THE APP.



Follow the progress bar as you complete these easy steps:




Tell us who you are. We'll ask for a few details about you and your Blue Cross VT member ID to check your eligibility. Enter your last name exactly as it appears on your ID card. Include suffix, commas, or periods, if applicable. Your member number consists of the last 13 characters of your ID, plus your 2-digit member number.


Legal and privacy. Review and agree to the rules, data collection, and privacy policy.

Create your account. Add your email, make a password, and give us some additional details to customize your experience.

You're all set. Your account is ready. Click **Take Me There** to sign in.

- Your member ID consists of the last 13 characters of your ID, plus your 2-digit member number.**

 BlueCross.BlueShield. of Vermont		PLAN TYPE
Member: XX	Subscriber: SUBSCRIBER NAME	
MEMBER NAME	SUBSCRIBER NAME	
ID: XXXXXXXXXXXXXXXX	Preventive Office	\$
	Office Visit/Specialist	\$
	Emergency Room	\$
	Chiro/PT	\$
Group Number: XXXXXXXXX	Network Deductible	\$
BC/BS Plan: XXX/XXX	Network Out-of-Pocket	\$
RX Group: XXXX	Non-Network Deductible	\$
Formulary: XXX	Non-Network Out-of-Pocket	\$
BIN/PCN: XXXXXX/XXX	Rx Deductible	\$
Effective Date: XX/XX/XXXX	Rx Out-of-Pocket	\$



- **Step 2** **Connect a device or app** to get credit for your well-being activities like steps, nutrition, and sleep. We sync with many trackers such as Apple Watch, Fitbit, and MyFitnessPal, just to name a few.

Open the Personify Health app on your smartphone. Select **More > Devices and Apps**. Choose the device you would like to connect and then select **Connect**. Make sure your phone's Bluetooth is on, then select **Start Pairing**.

Watch [this video](#) for further details on how to connect a device.



Be sure to sign in to your Personify Health app **at least once every 14 days** so your data syncs and counts toward your activity goals. Activity tracking varies by device. Please consult your device instructions to learn more about available tracking features.

Compatible devices and apps



- **Step 3** **Take the Health Assessment.**

This short, confidential survey assesses your health across seven factors, from mental health to fitness. You'll receive a personalized report and recommended actions you can take to start improving your well-being.

Go to the **Health** tab and select **Surveys**.

- **Step 4** **Check out the My Care Checklist.**

The My Care Checklist feature helps you stay on top of needed preventive care. It keeps track of well-visits, screenings, and vaccinations.

Select **My Care Checklist** under the **Health** tab.

- **Step 5** **Take a Journey.**

Self-guided health Journeys® are a great way to introduce healthy habits into your life or maintain the good ones you already have. Journeys are designed to engage you in a series of small, fun, and informative steps that help form a lasting healthy habit over time. Most Journeys take about two to four weeks to complete.

Select **Journeys** in the **Health** tab. Choose the Journey that's right for you or select **View All** to see your options.

Create a challenge

About challenges:

Personal Challenges

Create a personal step challenge to increase your activity for one, two, or five days in a week. Make sure your fitness tracking device or app is connected to your account, and start stepping. Invite your peers to join so you can motivate each other along the way!

Healthy Habit Challenges

You can create a challenge for a Healthy Habit you're currently tracking, or try out one of the many other habits from topics like Sleeping Well, Being Productive, Managing My Finances, and more. Simply track it every day in order to reach your goal.



How to start a challenge:

- **Step 1** From the homepage, go to the **Social** tab, select **Challenges**, and then choose **Create**. Once you're in this section, choose **Personal Challenge** or **Healthy Habit Challenge**.

For personal challenges, you'll choose the duration of the challenge and start it up.

For Healthy Habit challenges, you'll select the habit you want to work on, write a personal message, and get it started.

- **Step 2** Now that your challenge is set up, invite others to join! Select **Invite Players**, and you'll have the option to invite from your friends list, search for friends, or invite a Group. You can also add an email list of up to 250 people.

