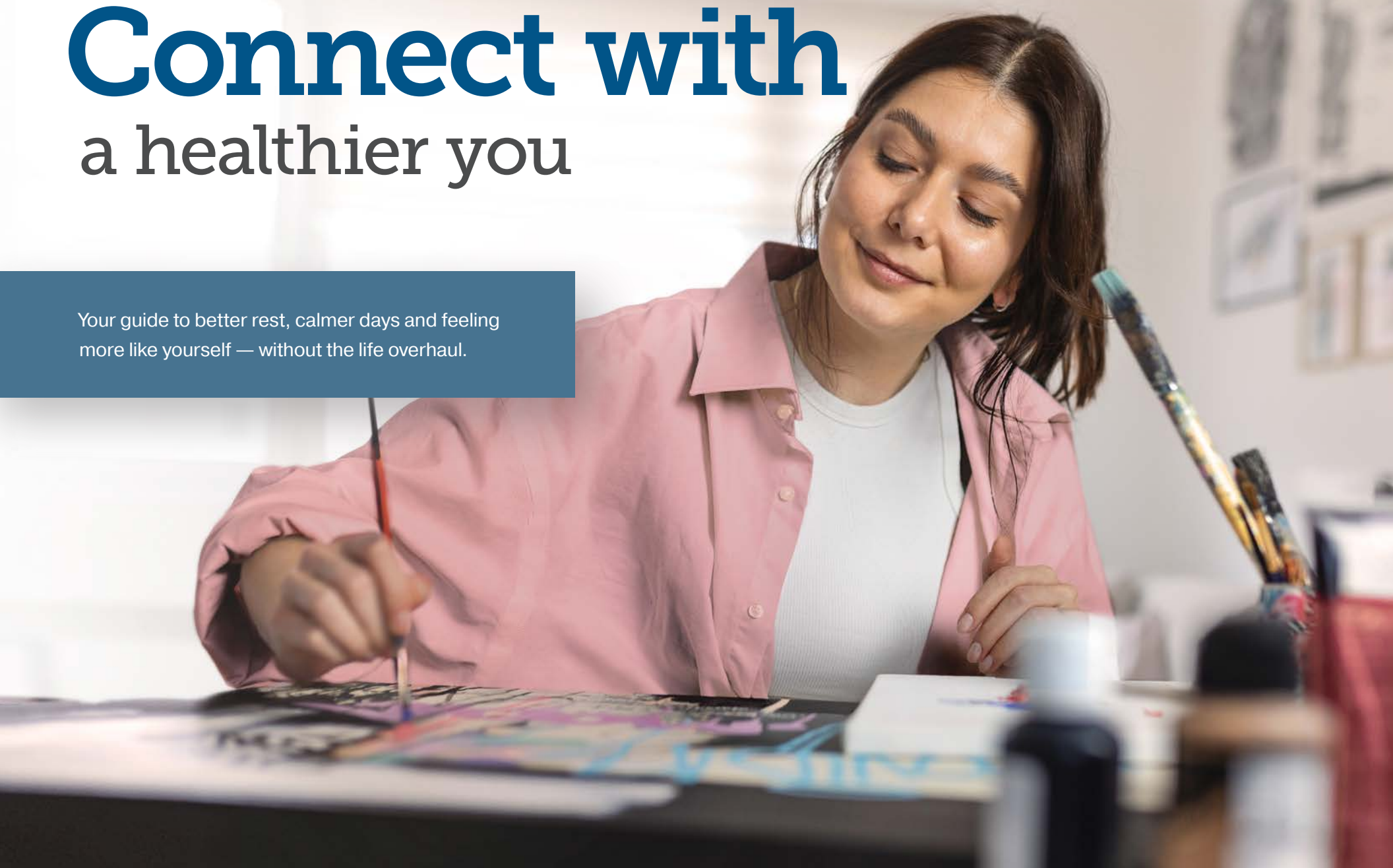


Connect with a healthier you

Your guide to better rest, calmer days and feeling more like yourself — without the life overhaul.

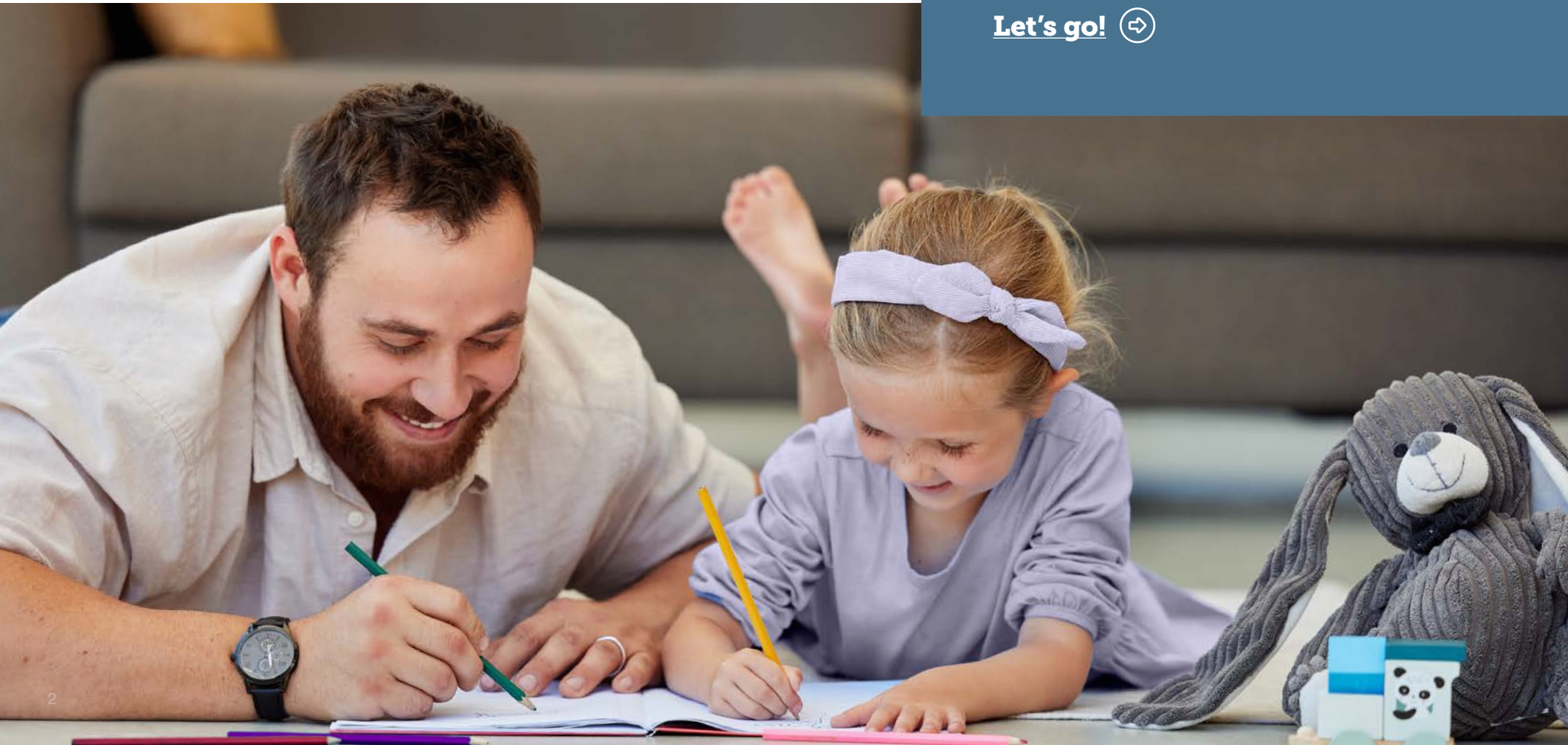


Happiness is one of the **best side effects** of good health

Small steps lead to big changes.

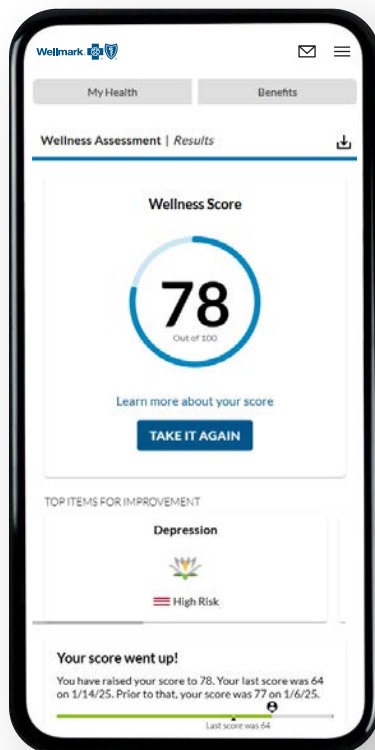
In the pages ahead, you'll learn how you can use **Wellmark Connect powered by WebMD®** to reset and refocus your health at your pace. This digital well-being platform is completely free to you as part of your Wellmark® Blue Cross® and Blue Shield® health plan.

Let's go! 



Wellmark Connect

makes it easy

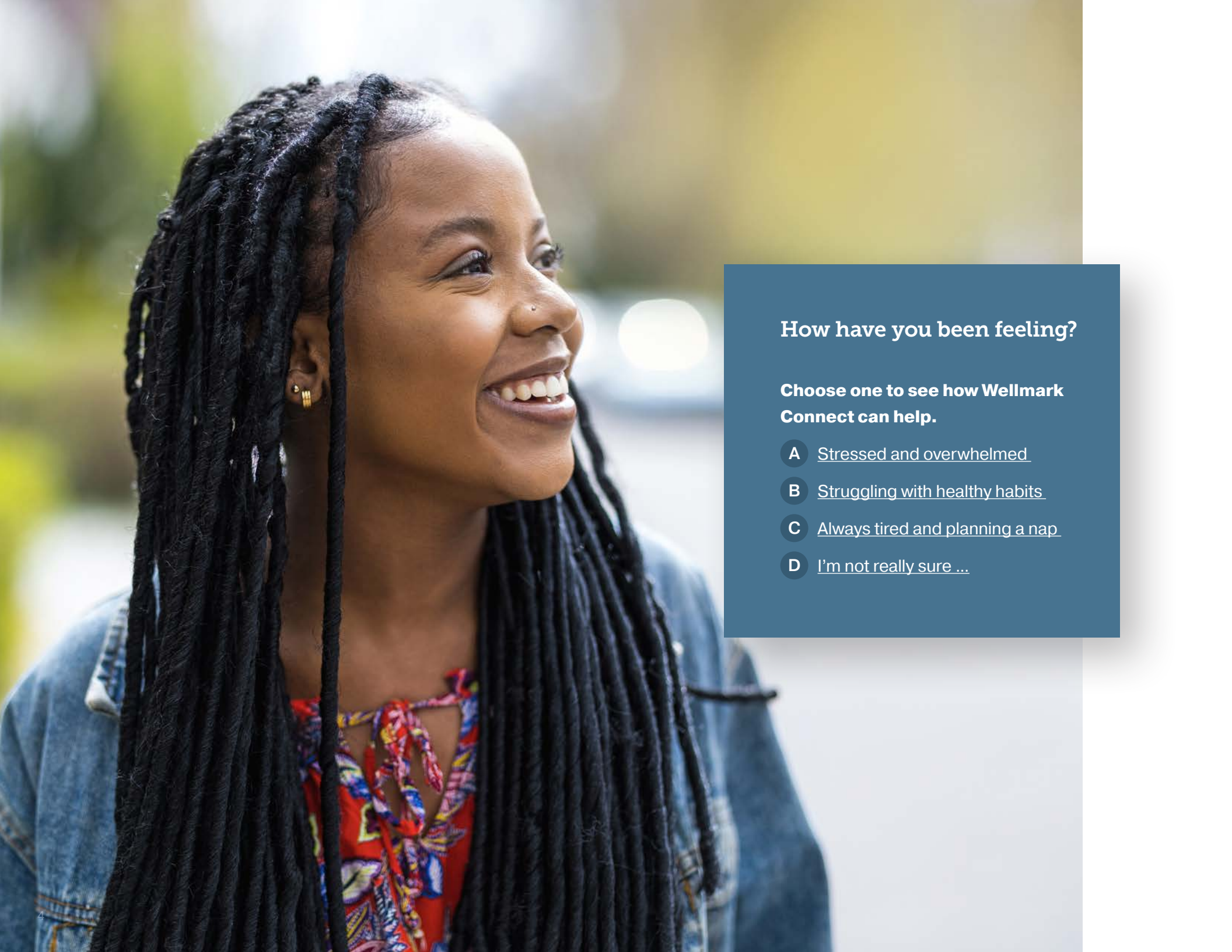


Start by giving yourself some grace.

Building a positive relationship with personal health is tough. What works for some may not work the same for you — and that's okay!

Your needs, interests and abilities have a home in Wellmark Connect. As your personalized safe space, this platform will help you reset and connect with resources that match your needs and goals.

Want examples? Take the shortest pop quiz ever! 



How have you been feeling?

**Choose one to see how Wellmark
Connect can help.**

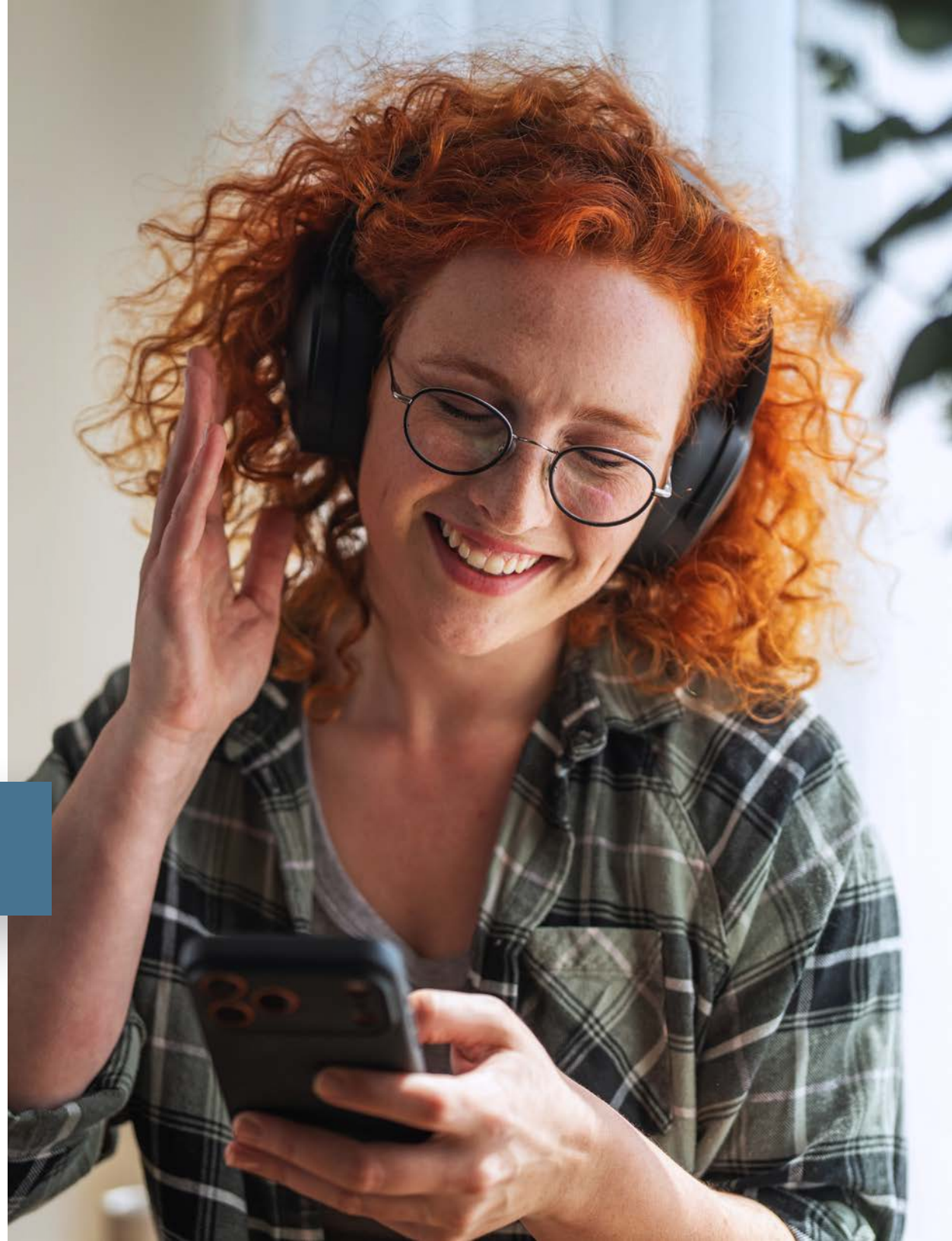
- ☐ A Stressed and overwhelmed
- ☐ B Struggling with healthy habits
- ☐ C Always tired and planning a nap
- ☐ D I'm not really sure ...

Connect with your inner calm

**Stress can leave you wondering
where the “fun” version of you went.
Don’t worry — you’re still in there!**

Identify patterns and triggers with mood and stress trackers. Learn coping skills on-the-go with Beyond Well mental health podcasts.

Or, pick up some healthy habits. 



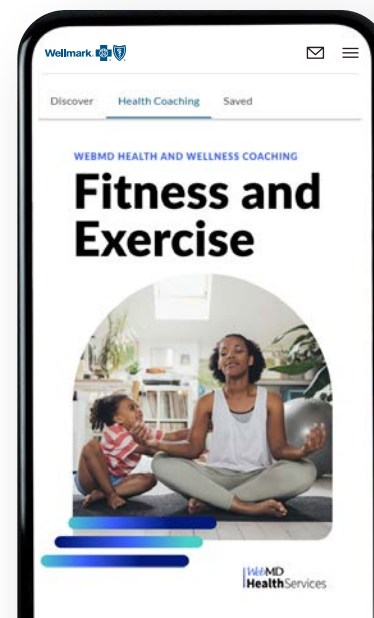


Connect with what your body needs

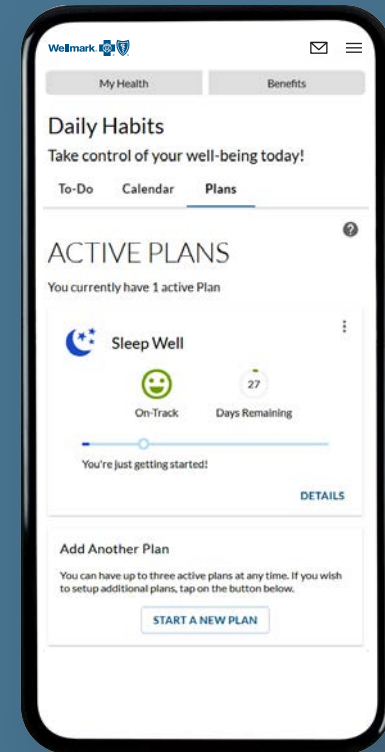
Healthy habits can be learned without overdoing it. There's space for rest and treats in your life.

Find simple tips and recipes to lighten your meals or ease into more movement with low-impact stretches and exercises.

Extra sleep could be nice, too. 



Connect with a well-rested you



When you're tired of feeling tired, sleep hygiene tools can help reset your nighttime ritual.

Discover the science of good sleep in Content Hub articles, videos and health guides, or take on the four-week Sleep Well plan.

Your best first step is waiting ... 

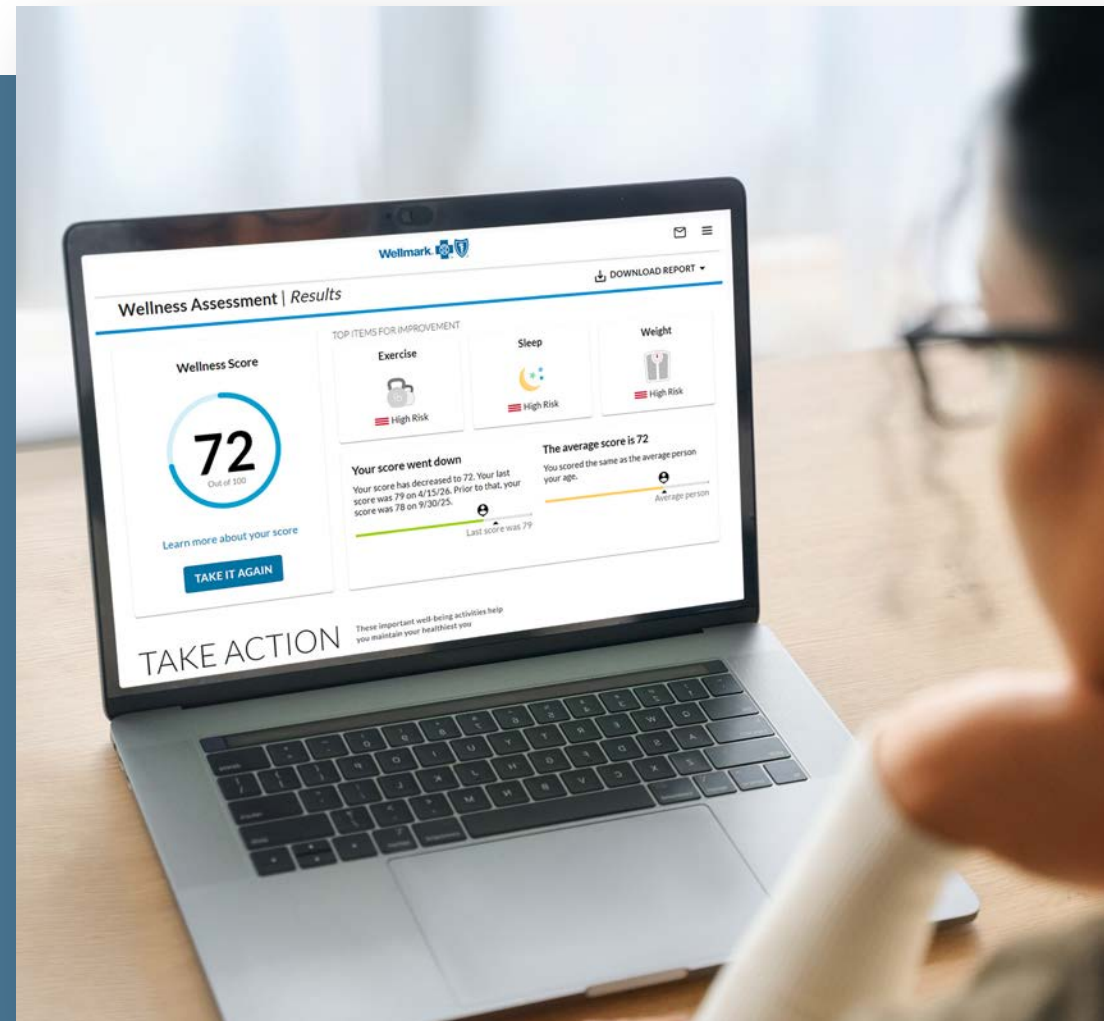
Connect with your path

Getting started can feel overwhelming.
Wouldn't it be nice to have an "easy button"
to help you decide what to do first?

You've got it with Wellmark Connect.

- Let the platform sort through your health needs while gauging your interests and readiness levels.
- Your results include a health score with a summary of helpful insights.
- Enjoy a steady stream of personalized resources and recommendations with every log-in.

Take the Wellness Assessment. 





Connect with a healthier you

Your digital sidekick is ready when you are!
Be it **sleep**, **physical health**, **stress relief**
or **something else**, Wellmark Connect has
resources to match.

What are you waiting for?

[Take your Wellness Assessment!](#)

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