

Achieve  
Well-being

# Create your path to well-being



## Bring healthy habits within reach

Your well-being journey is personal. Whether you want to eat healthier, manage stress better, be more active, or just get some more sleep, your goals are unique to you.

Achieve Well-being from Independence Blue Cross is a motivating and personalized set of well-being tools and resources that can help you achieve what's important to you in a way that's simple, easy, and fun.

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### Personalized online tools that work for you

Visit [ibx.com](https://ibx.com) or download the IBX mobile app to start your well-being journey today!

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Independence Blue Cross offers products through its subsidiaries Independence Hospital Indemnity Plan, Keystone Health Plan East and QCC Insurance Company, and with Highmark Blue Shield — independent licensees of the Blue Cross and Blue Shield Association.

**Independence** 



Complete the Well-being Profile.



Start a program.



Develop your Action Plan.



Access an expansive library of Health Content.



Use the Health Navigator to search symptoms.



Track your activity levels and sync your devices.



Stay motivated with tokens and badges for achievements.



Look for reminders, encouraging emails, and text messages.