

Get Started with Achieve Well-Being

Your step-by-step guide to Achieve Well-being

What's preventing you from reaching your health goals? With the motivating and personalized well-being tools from BlueLink TPA, you can achieve your unique health and well-being goals in a way that is simple, easy, and fun.

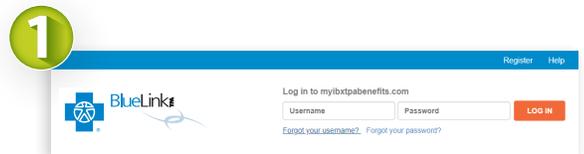
Follow your personal path to achieve your health goals

The Achieve Well-being tools break your health journey into small, manageable steps that can lead to big results.



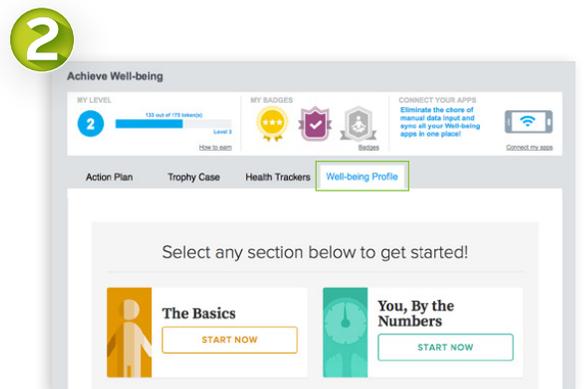
1 Register for myqcbluelink.com

Begin your journey by registering on your plan member website — myqcbluelink.com. If you've already registered, log in. Then go to the Achieve Well-being section.



2 Complete the Well-being Profile

The Well-being Profile is an easy-to-use health survey that takes only 15 minutes to complete. It gives you a snapshot of your current health and health history, lifestyle habits, overall well-being, and risk factors. Based on your answers, it gives you a private and personalized report detailing what you are doing well, suggested areas of improvement, and recommended focus areas.



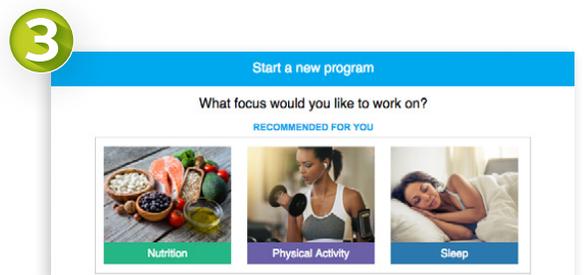
BADGE EARNED:

Healthy Self



3 Start a program

Once you complete your Well-being Profile and get your recommended focus areas, you can choose from hundreds of programs in each focus area to create a personalized Action Plan and daily activities to help you meet your goals.



COMPLETING A PROGRAM IN 4 FOCUS AREAS

BADGE EARNED:

Holistic Health



4 Develop your action plan

After you choose your programs, your daily Action Plan will display any current programs or challenges you are participating in, as well as helpful articles, videos, tasks, and healthy recipes that relate to your chosen focus areas. In the Resource Center, you can access a more expansive library of Health Content or use the Health Navigator tool to search health topics by symptoms, injuries, diseases, etc.

5 Track your activity levels with Health Trackers

It's easy to track your progress and daily activity. If you already use other apps or devices to track your health and well-being (such as FitBit®, MapMyRun, or MyFitnessPal), you can sync them to myqccbluelink.com. Your personal data will be fed back to the Health Trackers tool so you don't have to manually upload it.

BADGE EARNED:



In Sync

6 Stay motivated to achieve your goals with tokens and badges

Earn tokens for completing activities such as logging into myqccbluelink.com, completing the Well-being Profile, finishing a program, or syncing a health tracking app. You can also earn badges for specific activities such as completing at least one program in each of the four primary focus areas — physical activity, sleep, nutrition, and stress management. Check the Trophy Case to see what you have earned so far.

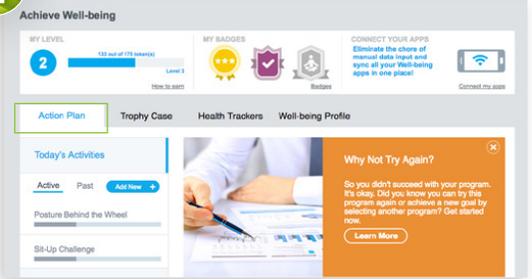
7 Look for encouraging messages and reminders

Along the way, you'll get helpful reminders and supportive messages about your program by text or email.

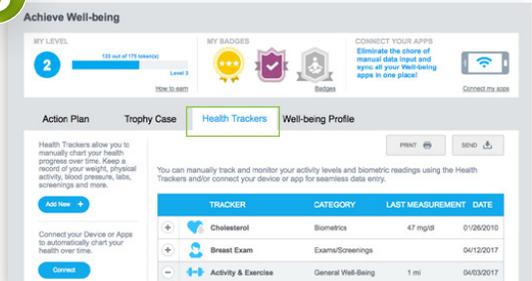
Keep track of your results

8 Your personalized well-being homepage will show your progress and results.

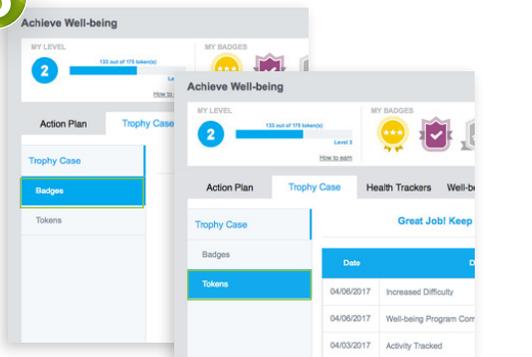
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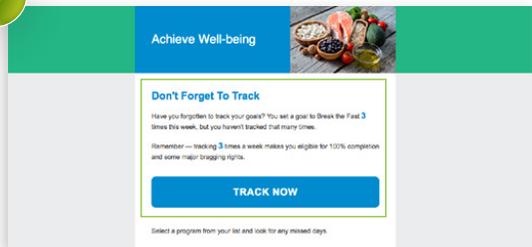
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