

Crush your health goals with new digital platform

FREE to Health Pool members!

If you haven't got your health, then you haven't got anything.

Simply put—your health matters. And the Health Pool of South Dakota is helping members achieve their vital wellness goals with the recent addition of a new, robust, easy-access health resource.

We're proud to introduce Wellmark Connect powered by WebMD®, a new tool included in your Wellmark® Blue Cross® and Blue Shield® benefits. If you're a member of the Health Pool of South Dakota, it's completely free!

It's also easy to use, with anytime/anywhere access from your smartphone and other devices through the Wellmark app.

This personalized digital platform features:

- Daily Habits™ plans - Plans and habit-tracking tools to help you build lifelong health patterns through behavior change science and small, actionable goals.
- Mental health podcasts by Beyond Well Solutions - Access an extensive mental health podcast library on topics including anxiety, insomnia, relationship stress, and more.

- Health and well-being content - Guidance on topics that matter to you—mental health, diabetes, weight management, fitness, and more.

Health Pool members can access Wellmark Connect by logging in/creating an account on myWellmark® or they can download the Wellmark mobile app at myWellmark.com, the App Store®, or Google Play™. The first step is to complete the confidential Wellness Assessment—answer just a few questions about your health habits and risks. From there, Wellmark Connect provides personalized recommendations and a dashboard with tools and information tailored to your needs.



Access Wellmark Connect today

- Log in/create an account on myWellmark®
- Select **Well-being** from the menu, then click **Visit Wellmark Connect**
- Click on **Wellness Assessment** in the top menu and get started

