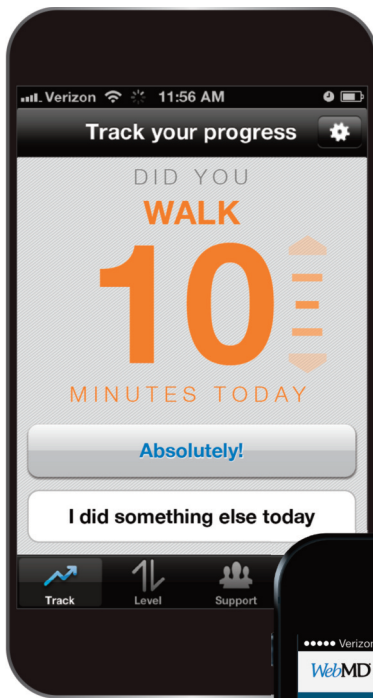


Fun tools for a healthier you



WebMD Daily VictorySM

Better health begins with small steps to become more active. WebMD Daily VictorySM helps you build a daily exercise habit one day at a time.

- Start small, with as little as five minutes a day.
- Connect with up to five workout buddies for support or a little friendly competition.
- Receive convenient reminders when it's your ideal workout time.
- Complete just one activity each day—it's that simple.



Weigh Today

Daily weigh-ins help you reach and maintain your ideal weight¹. Weigh Today helps you track your weight so you can stay in control.

- Your data is always private and secure. Only you can view it.
- Your progress is uploaded automatically and available for you to access from any smartphone or computer.
- Easy to read graphics show your progress along the way.

Get both apps—FREE!

WebMD Daily VictorySM and Weigh Today are both available for iPhone® and Android® devices.

Download the apps for free by logging in to your **FloridaBlue.com** account and selecting the **Health and Wellness** tab. Next, select **My Health from WebMD** and then the **My Health** tab.

¹Source: Butryn ML, Phelan S, Hill JO, Wing RR. Consistent self-monitoring of weight: a key component of successful weight loss maintenance. Obesity. 2007 Dec; 15(12): 3091-6.

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