

# Balance Online Wellness Program

*Balance is an online wellness program that provides you with personalized health and wellness support, so you can focus on what matters most—living your best life.*



## **A PERSONALIZED EXPERIENCE**

*Your specific health concerns are prioritized with the latest technology, using evidence-based approaches to maximize success.*



## **TOOLS TO TRACK YOUR PROGRESS**

*Assess your health needs, set personal goals and track the steps you take to achieve them.*



## **REWARDS FOR SMALL STEPS**

*Every action you take to enhance your well-being is rewarded with the opportunity to win great prizes.*



## **TRUSTED RESOURCES**

*Physical, mental, social and financial health and wellness information from Canadian experts, all in one location.*



## **EASY NAVIGATION**

*Keeps everything at your fingertips, so you can move between trackers, resources and rewards quickly and easily.*

## **QUESTIONS?**

To start, continue or elevate your wellness journey with Balance, you can find Balance under the "Your Benefits" tab on our member site, or visit our website at [ab.bluecross.ca/balance](http://ab.bluecross.ca/balance)



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