

# Progress is Personal

**Be Well@Red Cross** can help you achieve better well-being, at your pace.



## Find support every step of the way:

- **Know where to start** – The Health Assessment provides a personalized health report and recommendations.
- **Get a FREE Know Your Numbers Screening** - Receive important biometric data related to your health status.
- **Get expert support** – A WebMD Health Coach can help you stay motivated and achieve more.
- **Track your progress** – Use the Daily Habits tool for day-to-day support with a wide range of goals.
- **Earn wellness rewards** – Earn rewards for working toward wellbeing.
- **Watch and listen** – Enjoy exercise videos, mental health podcasts and more.
- **Sync up** – Visit the Device and App Connection Center to track and upload activity with a fitness device or app.
- **See results** – View your Health Record securely, in one place on the portal.  
[webmdhealth.com/redcross/](http://webmdhealth.com/redcross/)

Once you create an account on the [Be Well portal](#) you will be able to single sign-on from [HR Now](#) or the [Benefits Service Center portal](#).

## Download our app

1. Visit the Apple App Store or the Google Play Store and search "Wellness At Your Side."
2. Download the app and enter your connection code: **RedCross**
3. Register a new account and personalize your experience by answering a few questions.



## Earn up to \$1,400!

**Be Well@Red Cross** can help you and your medically enrolled spouse/domestic partner embrace good health and each earn up to a \$700 contribution toward a Health Savings Account (HSA) or Health Reimbursement Account (HRA)!\*

\*The Be Well@Red Cross program is open to benefit-eligible employees located outside of the European Union. Employees covered by Collective Bargaining Agreements should consult their contract or contact their union representative for eligibility details. Employees and their spouse/ domestic partner enrolled in a Bronze Plus, Silver, Gold or Platinum medical plan can receive incentives in their Health Savings Account (HSA) or Health Reimbursement Account (HRA). Eligible employees and spouses/domestic partners must complete both a Know Your Numbers Screening and the Health Assessment to earn incentives.