The Next Chapter in Health Care

Introducing My Health Novel, designed to match you with helpful resources and tools based on your specific health needs. With it, you can access health management mobile apps at no cost!

Whether you're interested in starting new healthy habits or maintaining your weight, My Health Novel gives you access to the best physical activity and weight management tools, programs and apps available.

When you qualify and sign up, you'll get access to health coaching, nutrition guidance, digital tools, group support and more to keep you on track.

Enjoy access to in-person and virtual programs and specialists who can help you answer questions and support you on your health journey.

How it works:

1. Log in to your **My Health Toolkit**® account at www.BlueChoiceSC.com.
2. Select **Benefits**, then **My Health Novel**.
3. Take a quick, one-minute assessment.
4. You'll receive your recommended program and resources available to you.

Focus on life. Focus on health. ***Stay focused.***

BlueChoice® HealthPlan South Carolina | MY HEALTH NOVEL℠

BlueChoice HealthPlan is an independent licensee of the Blue Cross and Blue Shield Association.

212906-BC-1097-11-2020