My Health Assistant — your online coaching tool

Log in to www.ibxpress.com, and click on My Health Assistant in the WebMD sidebar to create your customized action plan for better health.

Get personalized support to be the best you

There is no one-size-fits-all when it comes to our health. What motivates you to lose weight, eat better, or reduce stress isn’t the same for everyone else.

The WebMD® My Health Assistant is an online coaching tool – available through ibxpress.com – that helps you make lifestyle choices that fit your unique health needs.

Use My Health Assistant to set personal goals, select healthy activities, create weekly action plans, and get the support you need to keep moving in the right direction.

WebMD® is an independent company offering online health information and wellness education to Independence Blue Cross members.
How to use My Health Assistant

Just like a live personal health coach, the online My Health Assistant encourages you to take small steps that add up to big changes.

It’s is easy to use, it’s flexible, and it’s always right at your fingertips. To get started, log in to www.ibxpress.com, and click on My Health Assistant in the WebMD sidebar.

Step 1: Choose focus areas and set your goals

Select the areas you want to work on from a customized list, such as improving your diet or increasing daily exercise. Pick the level (easy, moderate, or challenging) at which you want to accomplish your goals.

Step 2: Choose your activities

Pick from more than 100 healthy activities to create an action plan that matches your goals. You can also let My Health Assistant recommend activities for you.

Step 3: Get your weekly action plan

Once you’ve selected activities, your personalized weekly action plan is available immediately. You can add or remove activities to make the biggest impact on your health.

Step 4: Track your progress

Your weekly action steps are available every time you visit your WebMD homepage through ibxpress.com, making it easy to track your progress and stay motivated.

Make informed decisions about your health

My Health Assistant is integrated with your Personal Health Profile, Personal Health Record, and other WebMD features to provide a complete picture of your overall health. Access these features 24/7 through ibxpress.com to make the most informed decisions about your health.

Questions?

Call 1-800-ASK-BLUE (1-800-275-2583) or visit us at ibx.com.