



The Next Chapter in Health Care

The Behavioral Health Chapter of My Health Novel is designed to match you with helpful resources and tools based on your specific health needs. With it, you can access behavioral health management mobile apps at no cost to you. Your musculoskeletal system includes bones, muscles, tendons, ligaments and soft tissues.

Whether you're interested in starting new healthy habits or improving your current ones, My Health Novel gives you access to the best mindfulness techniques, cognitive behavioral therapy tools, programs and apps available.

When you qualify and sign up, you'll get access to evidence-based behavioral health programs, digital tools, group support and more to keep you on track.

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

How it works:

1. Visit www.BlueOptionSC.com and log in to My Health Toolkit®.
2. Select **Benefits**, then **My Health Novel**.
3. Take a quick assessment.
4. You'll receive your recommended program and resources available to you.

Log in to your My Health Toolkit account today to take your assessment and get matched with the best programs for you.

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



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