



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