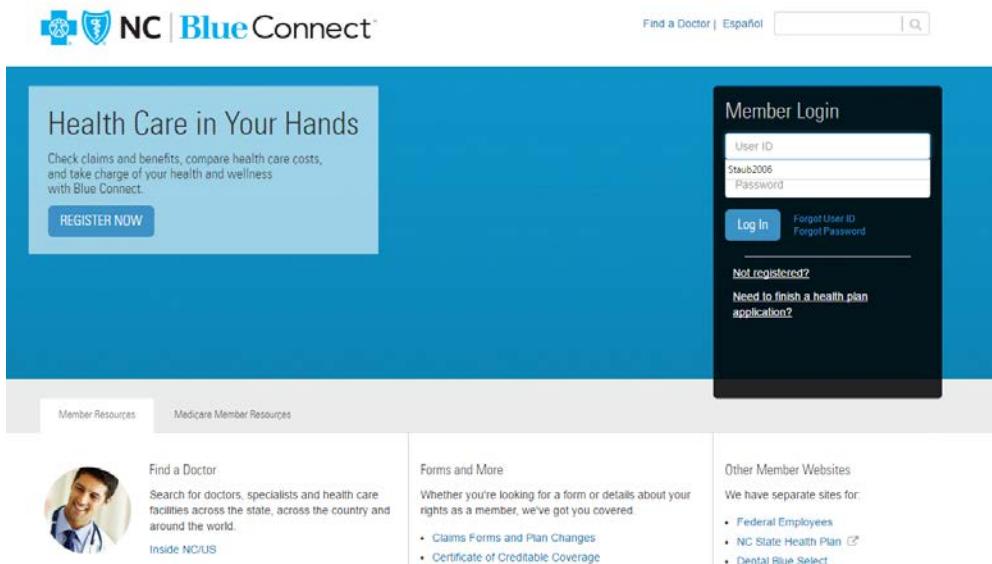


Below are screenshots with step by step directions for how to access and participate in the wellness forum. **NOTE:** members do not earn a credit for participating. It is simply a chance to communicate with a coach, interact with members, gain community and support, discuss and learn various topics.

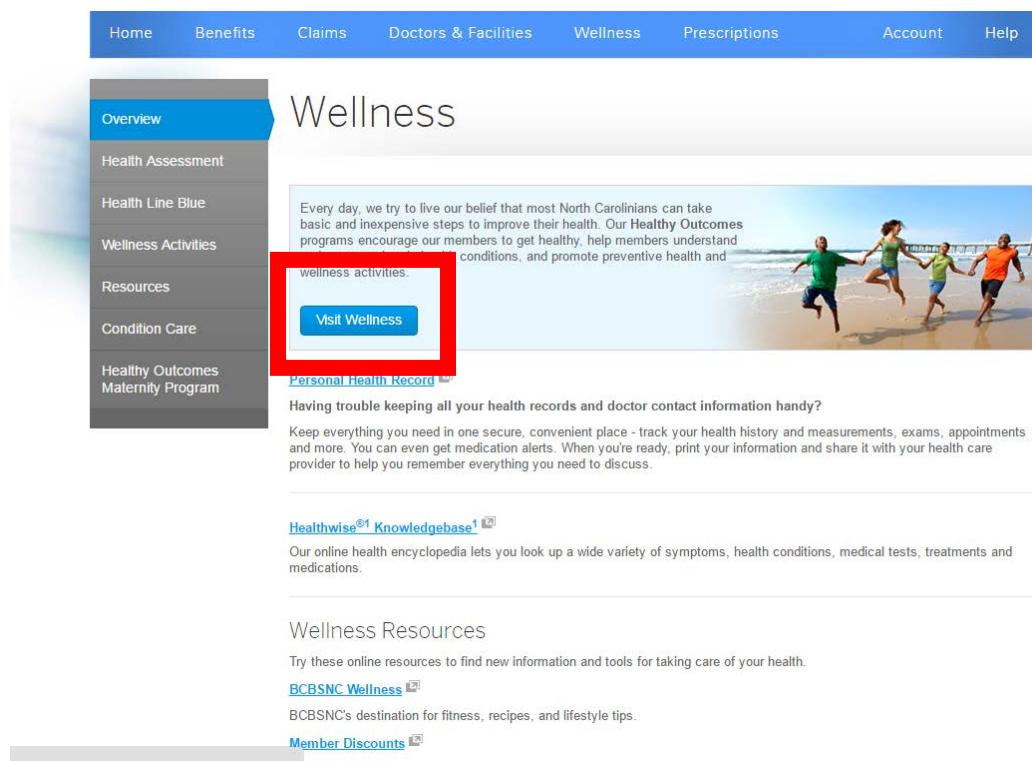
**Step 1 – Log onto blue connect with your user name and password. If you do not have one, click on the ‘not registered’ link to register.**



**Step 2 – Click on the Wellness Tab.**

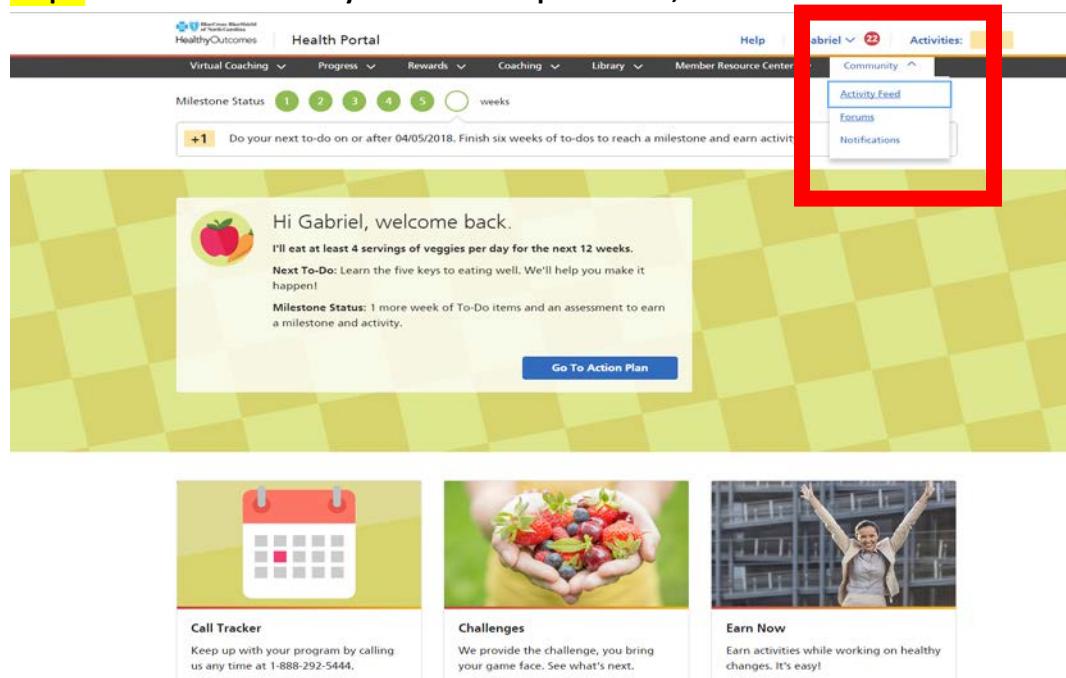


**Step 3 – Click on Visit Wellness. A new window will appear.**



The screenshot shows the 'Wellness' section of a website. On the left, there's a sidebar with links like 'Overview', 'Health Assessment', 'Health Line Blue', 'Wellness Activities', 'Resources', 'Condition Care', and 'Healthy Outcomes Maternity Program'. The main content area has a large image of four people running on a beach. In the center, there's a box with text and a 'Visit Wellness' button, which is highlighted with a red box. Below this, there's a section about a personal health record and links to 'Healthwise® Knowledgebase' and 'BCBSNC Wellness'.

**Step 4 – Click on Community. From the drop down list, select FORUM**



The screenshot shows the 'Community' page. At the top, there's a navigation bar with 'Help', 'Activities', and a dropdown menu for 'Community'. A red box highlights this dropdown menu. Below it, there's a 'Community' section with a 'Community Feed' button, 'Forums', and 'Notifications'. The main content area features a welcome message for 'Gabriel', a 'Milestone Status' section, and a 'To-Do' list. At the bottom, there are three cards: 'Call Tracker', 'Challenges', and 'Earn Now'.

**STEP 5 – View All Forums. Select the Forum(s) you want to view.**

Health Portal | Help | Gabriel ▾ 22 | Activities: 2

## Forums

All Forums | Favorite Forums



**About NRT**  
23 Discussions  
Learn about medications and what's worked for other people.

[View Forum](#) 14 ☆



**American Indian/ Alaska Native**  
0 Discussions  
Join with other American Indians/Alaska Natives to get support for quitting commercial tobacco

[View Forum](#) 2 ☆



**Ask An Expert**  
43 Discussions  
Our coaches have years of experience helping people quit. Ask a question, get an answer.

[View Forum](#) 17 ☆



**Chantix and Bupropion**  
18 Discussions



**Coping with Smokers**  
11 Discussions



**Finally, the First Step**  
23 Discussions

**Popular Forums**

Ask An Expert  
About NRT  
Finally, the First Step  
Chantix and Bupropion  
Getting Ready to Quit

**Discussions**

Recent Discussions  
Popular Discussions

## STEP 6 – Review comments and respond. Or, Start a new discussion.

Health Portal | Help | Gabriel (22) | Activities: 2

Ask An Expert

Start a discussion or share something with the community... 126

All Discussions | Favorite Discussions

Discussion: Newest ▾ | Comments ▾ | Most Recent ▾

 Giriblue Jul. 17 | I just ordered the patches. After I've quit do I order them in lower dosages? How long should I stay at each before lowering?

 RitaR Jul. 11 | Received patches yesterday!

 skater76 Jun. 19 | how does this work

 Samuel Jun. 18 | Signing up for gum/patches

 1 CoachFrederick Jul. 20

 1 CoachAlissa Jul. 11

 1 CoachAmy Jun. 19

 3 CoachDes Jun. 19

 Ask An Expert  
Our coaches have years of experience helping people quit. Ask a question, get an answer!

 Add to favorites

People who favorited 17

Discussions 43

Popular Forums

Ask An Expert  
About NRT  
Finally, the First Step  
Chantix and Bupropion  
Getting Ready to Quit  
View all forums >

## TO CREATE OR CHANGE YOUR COMMUNITY USER NAME

Click on your NAME tab. A drop down box will appear. Click on SETTINGS

Health Portal / Community / Forums / Ask An Expert

Ask An Expert

Start a discussion or share something with the community... 126

All Discussions Favorite Discussions

Discussion: Newest ▾

Comments ▾ Most Recent ▾

17

17

43

Popular Forums

- Ask An Expert
- About NRT
- Finally, the First Step
- Chantix and Bupropion
- Getting Ready to Quit

## CLICK ON UPDATE PROFILE

Help | Gabriel ▾ 22 | Activities: 2

Health Portal / Settings / Profile

Your Profile

You'll see your avatar at the top right of each page.

Gabriel

Update Profile

Your Account

- Profile
- Devices & Apps
- Contact Info
- Communication
- Community Notifications

Top

## EDIT SCREEN NAME. FOLLOW SCREEN NAME GUIDELINES

 [Health Portal](#) > [Settings](#) > [Profile](#)

**Your Account**

**Profile**

[Devices & Apps](#) >

[Contact Info](#) >

[Communication](#) >

[Community Notifications](#) >

### Create Your Profile

Choose Screen Name

 [Screen Name Guidelines](#)

Choose Hair



Choose Expression



Choose Color



[Cancel](#) [Save Profile](#)