

### **Q** What is the Blossom self-guided program?

**A** The **Blossom self-guided program** was developed by Johns Hopkins Medicine and empowers you to make healthy lifestyle changes to manage your diabetes and overall health.

### **Q** How can this program help me?

**A** The **Blossom self-guided program** provides an interactive journey where you can move at your own pace to:

- Personalize goals based on your own needs
- Focus on topics most interesting and suitable for you
- Overcome obstacles
- Build and sustain new, healthy habits

**Blossom** goes beyond "the basics" to teach you important skills - like how to deal with food triggers, how to fit physical activity into any lifestyle, how to cope with a chronic illness and more.

### **Q** How do I access the program?

**A** The **Blossom self-guided program** is made available to participants via employers, health care providers, health plans and select additional opportunities. It is not currently available for direct purchase from Johns Hopkins Medicine.

### **Q** How long does the Blossom self-guided program last?

**A** The total length of the program may vary. Each step in your self-guided **Blossom** journey takes approximately four weeks to complete, but you can move at your own pace.

### **Q** Does this replace seeing my doctor about medical concerns?

**A** No. **Blossom** is designed to educate you on health-related issues and support you in efforts to manage your health and well-being. **Blossom** does not constitute or replace any medical, nursing or professional health care advice, diagnosis or treatment.

## I already have access to Blossom. Now what?

### **Q** Can I connect my wellness tracker?

**A** Yes. You can connect your Fitbit® account to seamlessly track your food, weight and physical activity in the **Blossom self-guided program**. You don't need a Fitbit device - you can use any app (including Apple® HealthKit® and GoogleFit®) as long as it syncs with a Fitbit account. And if you don't have a wellness tracker, don't worry, you can input your health data manually.

### **Q** What will I need in order to connect my Fitbit account to Blossom?

**A** You'll need the email and password you use for your Fitbit account. If you don't remember your Fitbit account information, you can reset your username or password at [www.fitbit.com](http://www.fitbit.com).

### **Q** What web browser should I use?

**A** We recommend using the latest version of Google Chrome™, Apple Safari® or Mozilla Firefox™. We recommend using Microsoft Edge® instead of Internet Explorer®. For the best experience, use your computer, laptop or a tablet.

### **Q** I don't remember my password. How can I reset it?

**A** You can reset your **Blossom** password by going to your log in page at Care Pathways, clicking on 'Forgot your password', typing in your username and email address, and clicking the 'Request' button. You will receive an email with new login credentials.