

HealthAdvocate™ Wellness Program

# Stay Healthy

As part of your Health Advocate Wellness benefit, we are pleased to announce an all-new Wellness website that enhances the features of your existing Wellness program. You'll find customized tools that help evaluate your health risks, personalized action plans and three easy ways to access Wellness Coaching. Sign up for one-on-one Coaching by telephone or email, or, choose online Wellness Workshops for self-guided Coaching. You'll also find expanded trackers and logs, and specialized menu and exercise planners. The website is handy, well-rounded, and makes it easier to reach your health goals.

**Take advantage of your NEW Wellness website**



# HealthAdvocate™

## Get Healthy. Stay Connected.

The new Health Advocate Wellness website can be customized to your health profile, offering a range of tools to help you set—and stick with—your personalized Wellness plan. You can choose among several interactive Wellness Workshops, and use trackers and logs for your fitness and nutrition data—including your weight and target calories.



### Here are key features on the new website:

**Health Risk Assessment.** The starting point. Confidential, online questionnaire summarizes your Wellness Score for chronic health issues and recommends top activities to reduce them.

**Wellness Workshops.** Choose self-paced workshops to coach you through steps to improve nutrition, reduce cardiovascular disease risk, lower stress and more.

**Meal and Exercise Plans.** Select specialized fitness routines and nutritious menus.

**Health Trackers and Logs.** Monitor your food intake, weight, blood pressure and more.

**Message Center.** Choose alerts about recommended Wellness actions through convenient text messages.

### Take Advantage Now!

**Go to: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)**  
Follow the log-in or first time registration steps.

#### Get Started

- Take the Health Risk Assessment
- Get your Wellness Score to build your Wellness plan
- Select online Wellness Workshops for self-guided coaching. Or, select the button to sign up for personalized Coaching by telephone or email



### Anytime you need help, contact us:

 **866.695.8622**

 **Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)**  
 **Web: [HealthAdvocate.com/members](http://HealthAdvocate.com/members)**

Health Advocate can be accessed 24/7.

#### Independent. Confidential. Convenient.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

