

Wellness Website **FAQ**

Being healthy isn't an easy task.

That's why we've created a robust Wellness Website for you to use anytime to help you meet your health goals at your own pace. Keep reading to find out what resources are available through the website, how to access it, and more!



HealthAdvocateSM

Your questions, answered

What's available on the Wellness Website?

- A Personal Health Profile to assess your health risks
- Self-guided wellness workshops and programs
- Health trackers compatible with a wide range of fitness devices and apps
- Wellness challenges and annual campaigns
- Monthly newsletters full of healthy tips
- Secure web messaging system to communicate with a personal Wellness Coach

How can I begin using the Wellness Website?

It's easy to get started! Just follow these simple steps.

New users:

- Visit: **HealthAdvocate.com/members**
- Register for the website and enter the required information
- Log in to access the wellness website
- On the top menu, click Well-Being, and then Wellness Programs in the drop-down menu

Why should I use the Wellness Website?

Staying on top of your health can be challenging. The Wellness Website provides you with all of the necessary tools to help get—and stay—healthy.

What health issues can the Wellness Website help me with?

The features and programs included on your Wellness Website can help you lose weight, get fit, improve your diet, stop using tobacco, improve your financial wellness, reduce your stress, and more.

Will my employer know what I do on the website?

No. All of your Personal Health Information is kept strictly confidential.

Who is eligible to use the website?

The Wellness Website is available to you, your spouse and dependent children age 18 and over.

Get started today!

Turn to us—we can help.

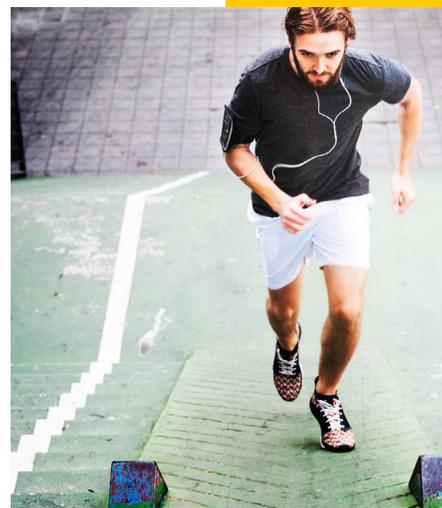


866.695.8622

Email: answers@HealthAdvocate.com

Web: HealthAdvocate.com/members

Download the app today!



Log on anytime, anywhere.

The Wellness Website is fully optimized for mobile. You can access it through your smartphone, tablet or computer, or the Health Advocate app.