

Simple Steps To A Healthier Life[®]

An Interactive Online Health and Wellness Program

Health And Wellness Made Simple.

One Step At A Time.



Simple Steps To A Healthier Life is an interactive online health and wellness program that can help you improve or maintain your health in ways that fit your lifestyle. The program takes you step-by-step to help you achieve your health goals. You will be able to identify some of your health needs, receive a tailored Health Report and a personalized Action Plan, and participate in recommended Healthy Living Programs.

Step 1 — Assess Your Health

You begin by taking a simple health risk assessment. This questionnaire is designed to help you determine some of your health needs. After you complete the assessment, you will receive easy-to-understand tailored Health Reports and a one-page Health Summary report. You can print the Health Summary report and share it with your doctor, dentist or other health care provider.

Step 2 — Take Action

You will receive your personalized Action Plan that recommends Healthy Living Programs based on your unique health needs. The Healthy Living Programs give you guidance and support to make positive health changes at your own pace. You will have access to useful interactive tools and features, such as the Fitness Planner,

Walking Tracker and Diet Manager that make it fun to participate. Your personalized Action Plan will include a variety of Healthy Living Programs such as:

- Healthier Diet
- Weight Loss
- Get In Shape
- Stress Relief
- Alcohol Awareness
- Healthy Aging
- Smoking Cessation
- Healthy Heart
- Disease Fighting (Diabetes, Cancer)

Step 3 — Learn More

Simple Steps To A Healthier Life provides you with easy-to-find information on diseases, treatments, drugs, tests and medical terms to help you make informed health decisions. You can also learn how to make the most of each visit to your health care provider and keep track of when you may need to schedule certain preventive tests and screenings.

Simple Steps To A Healthier Life makes it easy to get healthy and stay healthy.

Take the first step to healthier living. Visit www.simplestepslife.com.

If you need this material translated into another language, please call Member Services at 1-800-323-9930. Si usted necesita este documento en otro idioma, por favor llame a Servicios al Miembro al 1-800-323-9930.

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