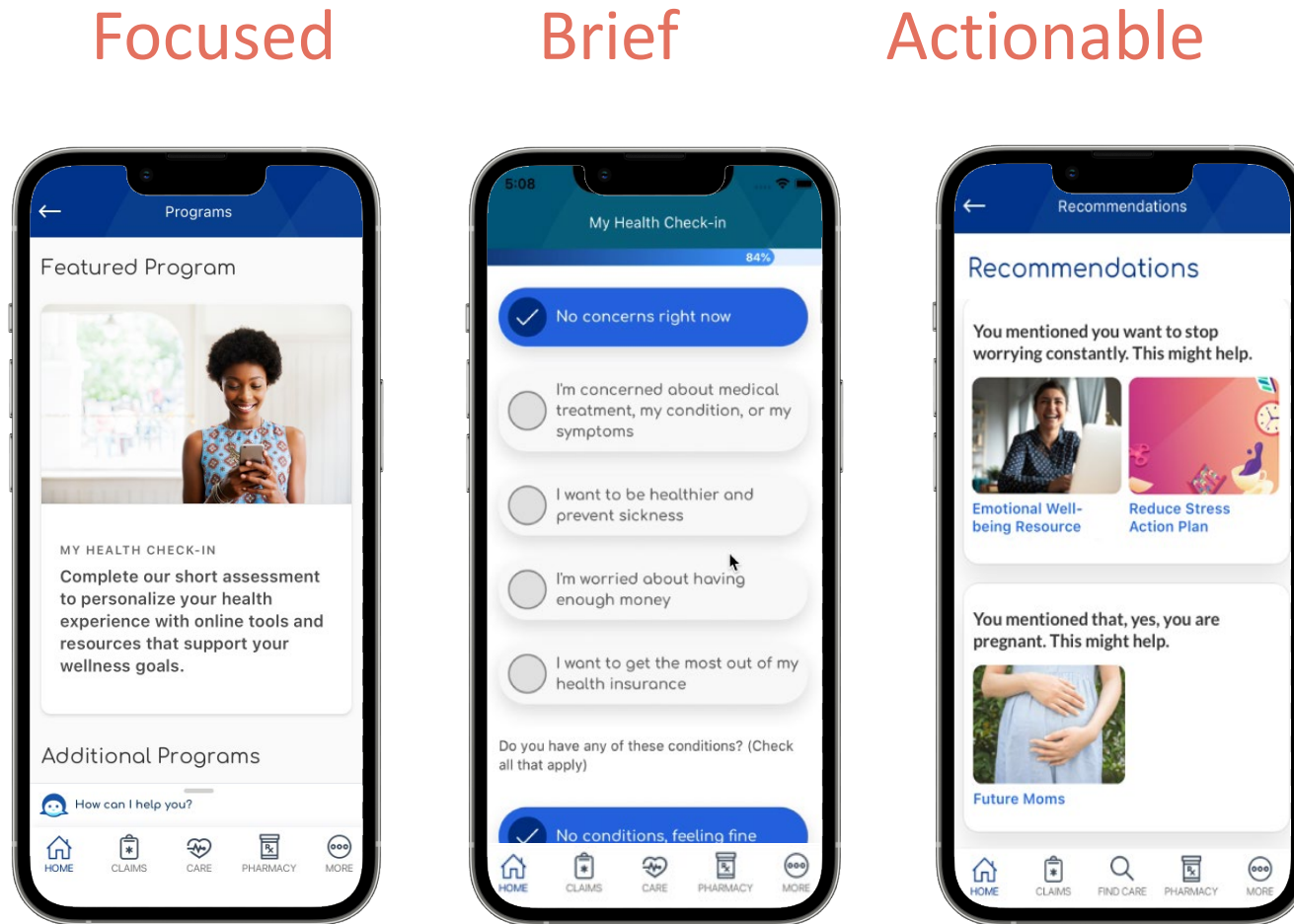


My Health Check-in Mobile Experience

\$25

for Completing
the Assessment



Accessed from My Health Dashboard, Programs, and My Rewards on desktop and mobile



My Health Check-in

What it is

A simple self-assessment reveals personalized wellness solutions to meet your health goals. By answering questions about medical history, emotional well-being and lifestyle, experts can bridge gaps in your holistic care and focus on the goals that matter most.

Benefits to you

Your answers help our nurses, pharmacists and medical providers determine how to meet your custom needs. Finishing the assessment opens the door to live support with health coaches, digital tools and free family resources.

Cost to you

Free for members and covered adult dependents.

Getting started

Take our 4-minute [Health Assessment link]

Get started

Example only. Final layout is TBD
Recommendations layout as shown go live is Feb 2023

