



# How Your Wellness Program Can Help

The Health Advocate Wellness Program can help you take charge of your health and improve your well-being. The Wellness Program includes the following features to help you achieve better physical, social, emotional and financial health so you can be your best self.



**Personal Health Profile (PHP)** Get a snapshot of your health, your risk for certain diseases and conditions, and personalized tips to help you improve your well-being.



**Nutrition Support** Make eating healthy simple with delicious recipes and meal plans designed to help you reach your wellness goals.



**Wellness Resources** Learn about health and well-being topics through tip sheets, the Health Advocate Blog and Health Information Center.



**Interactive Challenges** Participate in personal or company-wide challenges to help you get fit, lose weight, eat better, and more.



**Health Trackers** Use the health trackers to track your activity, progress and strive to meet healthy goals. Sync your fitness device or health apps for easy tracking.



**Wellness Workshops** Participate in workshops on a variety of health and wellness topics, like nutrition, fitness, stress management, resilience, financial wellness, and more.



**Gym Discounts** Access discounted memberships to thousands of fitness centers nationwide.

**It's easy to get started! Follow these simple steps to register:**

- 1. Visit [HealthAdvocate.com/members](https://HealthAdvocate.com/members)**
- 2. Register** for the website and enter the required information, **then log in**
- 3. Browse** the features and program available to help you lose weight, get fit, eat better, quit tobacco, improve your financial wellness, reduce your stress, and more!

All of your Personal Health Information is protected and kept strictly confidential.

**We're not an insurance company.** West's Health Advocate Solutions is not a direct healthcare provider, and is not affiliated with any insurance company or third party provider.

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Email: [answers@HealthAdvocate.com](mailto:answers@HealthAdvocate.com)  
Web: [HealthAdvocate.com/](https://HealthAdvocate.com/)

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