



Start focusing on your WellBeing today!

With *Coventry WellBeing*, you can make meaningful lifestyle changes to improve your diet, fitness level, emotional well-being, and more. Plus, *Coventry WellBeing* can help you identify risk factors you may have for certain health conditions and give you the information you need to make better choices for health.

With *Coventry WellBeing*, you don't have to go it alone when it comes to healthy behavior. *Coventry WellBeing* provides easy-to-use options that allow you to improve your own and your family's health through our complete, confidential wellness services. These include an online health risk assessment, free online health improvement programs, health information, and more.

Plus, *Coventry WellBeing* makes wellness fun. We encourage our members to participate by providing rewards for doing so. All members who participate in the online Personal Health Improvement programs will earn points toward valuable items, or receive entries for prize drawings. Prizes include electronics, cash cards, fitness equipment, spa packages, and more. Continually interacting with the online program – including completing the online health risk assessment (HRA) – earns even more points and more chances for prizes.

Confidential Risk Assessment

You have the option to complete an electronic health risk assessment (HRA). An HRA is a questionnaire that asks questions about medical history, medical conditions, and lifestyle habits. Specific answers are used to generate a confidential, personalized, comprehensive report summarizing your current health status.

With our HRA, you will receive recommendations for steps you can take to better manage your health. Using these guidelines, you can reduce your risks for developing health problems in the future while improving the quality of your life now.

The online HRA questionnaire takes about 15-20 minutes to complete. Within moments after completing the final

Family-Focused Wellness

question, you will receive a tailored report. The report can be read online, as well as printed to share with your physician and family members.

Personalized Health Improvement

Because we know that regular exercise and good nutrition help maintain physical and mental wellbeing, we're making it easier for you to incorporate these concepts into your daily life. Through our website and ePHIT, you can create personalized plans for weight loss, strength training, muscle toning, improved eating habits and life skills.

GetPHIT- Exercise: Start a fun and progressive exercise plan that is enjoyable and easy to maintain. Animated virtual exercises are available to show proper form, and include tips, notes, techniques, and precautions. There are a wide variety of exercise plans that accommodate the beginner to the expert.

EatPHIT- Nutrition: Whether you want to manage your weight or simply get a better understanding of proper and safe nutritional habits, our fun, interactive Meal Planner can help. You can easily track daily calorie intake and food servings for breakfast, lunch, dinner, and snacks. You can also plan meals and create shopping lists geared to your specific needs and preferences.

LivePHIT - Self-Improvement: A truly effective health and wellness plan wouldn't be complete without addressing mental and emotional well-being. We offer life skills plans to help you deal with the inevitable challenges of everyday life, such as workplace issues, financial concerns, or relationship and family matters. After completing a quick life skills assessment to discover strengths and weaknesses, you can select the areas in which you would like to improve. Participation in the online Personal Health Improvement programs will earn you points toward valuable items or entries for prize drawings. Continually interacting with the online program – including completing the online health risk assessment (HRA) — earns even more points.

Keeping kids healthy and happy can be challenging, not to mention stressful. To help you make more informed decisions about children's health and development, our website now offers award-winning content and tools from the children's health experts of KidsHealth. KidsHealth's comprehensive library of parenting and health information features thousands of up-to-date articles, animations, and features written for three distinct audiences: parents, kids, and teens.

From guidance on dealing with chronic conditions such as diabetes and asthma to tips for family meals and fun outdoor activities, parents will find a wide range of topics. It's all organized in parent-friendly categories such as general health, infections, emotions & behavior, growth & development, nutrition & fitness, and first aid & safety. There's even an entire section for expectant and new parents. Kids and teens will find information written just for them, with personal stories they can relate to, interactive features, and answers to questions kids and teens really ask.

This great resource makes it easy for parents, kids, and teens to find medically sound, thoughtful answers to sometimes difficult, or embarrassing, questions.

Bringing Health to the Doorstep

We know that constant outreach is important. That's why we deliver a health, wellness, and benefits news magazine to our members' homes three times per year. Each issue contains a useful combination of important plan information, employer wellness program spotlights, member success stories, and articles about preventive

care, nutrition, exercise, and disease management.

Website-Based Wellness

We focus on the programs and tools you need to help make the most of your time. That's why we offer wellness information on our website in a one-stop shopping format.

Self-service options are a way for you and your family to begin exploring topics you may find overwhelming or difficult to discuss, such as addictions, poor eating habits, body mass index (BMI) calculations, coping with family problems, and more. We strike the right balance by also adding healthy recipes, exercise tips, family fitness advice, information on holistic medicine, and other ways to make small, but meaningful, lifestyle changes. Our Health Information section is your gateway to healthy living with user-friendly information including:

- ◆ Complementary and Alternative Medicine
- ◆ Diet, Nutrition, and Eating Right
- ◆ Alcohol and Substance Abuse for Adults and Teenagers
- ◆ Exercise and Fitness
- ◆ General Wellness and Healthy Lifestyle
- ◆ Weight Loss and Obesity
- ◆ Smoking and Tobacco

Visit our website at:

www.CoventryHealth.com/WellBeing

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