

Get Healthy. Stay Connected.

Take advantage of your Health Advocate Wellness website today

The best way to get healthy is to set goals and stick with them. Your Health Advocate Wellness website offers online tools you can use 24/7 to guide you, track your progress, get ideas for improvement—and even help you make better decisions about your healthcare. **Log on now!**

Your personal Wellness website features:

Health Risk Assessment. Online, confidential questionnaire summarizes your risk for chronic health issues and offers tips to reduce them.

Wellness Workshops. Self-guided workshops coach you through steps to improve nutrition, reduce cardiovascular disease risk, prevent diabetes and more.

Meal and Exercise Plans. Select specialized fitness routines and nutritious menus.

Health Trackers and Logs. Monitor your food intake, weight and blood pressure.

Message Center. Choose alerts about recommended Wellness actions through convenient text messages.



Easy Online Access

Go to: HealthAdvocate.com/members

Follow the log-in or first time registration steps.

Get Started

- Take the Health Risk Assessment
- Get your Wellness Score to build your wellness plan

Remember... with your Benefits Gateway feature, you get personalized guidance and support through a single toll-free number. We'll connect you to the right health benefit, including medical, dental, vision and pharmacy.

Independent. Confidential. Convenient.

Health Advocate is not affiliated with any insurance or third party provider. Health Advocate does not replace health insurance coverage, provide medical care or recommend treatment.

HealthAdvocate™
Always at your side