



THE Change4Life[®] ONLINE HEALTH PORTAL

IS YOUR PERSONAL HEALTH MANAGEMENT PROGRAM

HERE'S HOW CHANGE4LIFE HELPS YOU GET HEALTHY

The **Change4Life** portal helps support your healthy life choices by providing you with personalized tips, easy-to-use online tools, and important information – all at your fingertips. You'll get insight into your current health, learn how you can successfully improve it using a "small steps" approach, and use the portal's tools and information to make it easier to manage existing medical conditions. Here's what you can do on the Change4Life portal:

- Complete a health assessment survey to receive your personalized health report card and action plan
- Track your daily health progress
- Sign up for reminders to take or refill your medication
- Sign up for healthy living reminders
- Sync your Fitbit
- Learn about healthy living with easy-to-use educational modules
- Set personal health goals (and achieve them!)
- Much more...

HERE'S HOW CHANGE4LIFE HELPS YOU WIN REWARDS:

As you use the Change4Life portal, you'll also be earning points that you can use to bid on great rewards. The more you use the site, the more points you'll earn, and the more chances you'll have to win!

Change4Life is available through your secure Online Services website – register and check it out today!

