

Want to eat better, move more, be happier?

Check Out Your Health and Wellness Program

Take small steps to a big change

Your health and wellness program makes it easy to bring healthy habits into your busy life. Set daily goals and track your progress through your program website, mobile app, and integration with fitness trackers—while earning chances to **win great prizes along the way!**

- Stay on track with easy activities & team challenges to help you manage both your emotional and physical health.
- Get the help and motivation you need from health coaches and peers.
- Explore expert articles and content about nutrition, fitness and more.



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You could win \$100's in
Amazon gift cards!

Have Fun Getting Fit Get involved in fitness activities designed to help you feel better and lose weight.

Talk Openly with Health Coaches Get support from experts who can answer questions and provide motivation.

Connect with Your Peers Chat with other individuals who are taking charge of their health, too.

Be Secure Manage your health concerns in a totally secure and private environment.

Use Anytime and Anywhere Access whenever you want—from your program website or your mobile phone.

Take your first step today.
Visit MagellanAssist.com/wellness

**Employee Assistance
Program
1-800-424-4039**