

HEALTHPLUS HEALTHIER U™

Engaging our members
in managing their health.

HOW IT WORKS

Members can take advantage of our year-round Healthier U™ program free of charge.

- ▶ Every member takes the HealthPlus Wellness Assessment to find out how they score
- ▶ Each member receives:
 - ▶ A welcome packet invitation to experience all health and wellness programs
 - ▶ A targeted follow-up letter based on their health risks
 - ▶ A subscription to *Healthier U Bits & Bytes* e-newsletter

GET STARTED TODAY!

Members can enjoy all of the advantages of the Healthier U™ wellness program as soon as they join. All they have to do is visit HealthPlus.org/HealthierU and take the HealthPlus Wellness Assessment.

HEALTHIER U™ AT A GLANCE

- ▶ Empower members to self-manage their health
- ▶ Identify high-risk members before chronic conditions develop
- ▶ Refer them to the appropriate level of care
- ▶ Educate – healthy living habits, screening, early intervention and risk management
- ▶ Encourage member accountability

WHAT MEMBERS GET

- ▶ Confidential personalized report that helps identify and prioritize potential health risks
- ▶ Interactive online wellness programs
- ▶ Access to health coaches*
- ▶ Access to care counselors*
- ▶ Quarterly wellness challenges
- ▶ HealthPlus Perks member discounts
- ▶ Access to thousands of health information tools

**Based on eligibility*

PROGRAM HIGHLIGHTS



ACTIVE U

Planners, programs and a whole host of tools, tips, videos and quizzes to take your fitness to new heights



BALANCED U

Tips on healthy mind-body, stress management, stop smoking and how to deal with daily dilemmas



NOURISH U

Recipes, regimens and weight management routines to get the most from what you eat



SOCIAL U

What's happening health-wise in your hometown – events, races and all kinds of community activity

HealthPlus 

The Right Plan for a Healthier You®



800-332-9161 / TDD 800-992-5070
www.healthplus.org

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