

Online Wellness Improvement Plan

No matter what your goals – weight loss, developing and strengthening muscles, improving overall eating habits or developing a healthy attitude – My E Wellness can help. Members have access to daily wellness articles and health tips, personalized workout programs for all ages and fitness levels, guidance on nutrition, weight loss and exercise, access to health risk assessments and calculators, and disease prevention studies. NOTE: You must have access to the Internet to take advantage of this benefit.

Benefits Include:

- Personalized workout programs for all ages and fitness levels
- Unbiased health information from a professional staff
- Daily health tips on nutrition, weight-loss, exercise and disease prevention
- Over 4,500 current health and wellness related articles
- Health calculators for easy tracking and self assessments
- Additional resources pulled together for your benefit