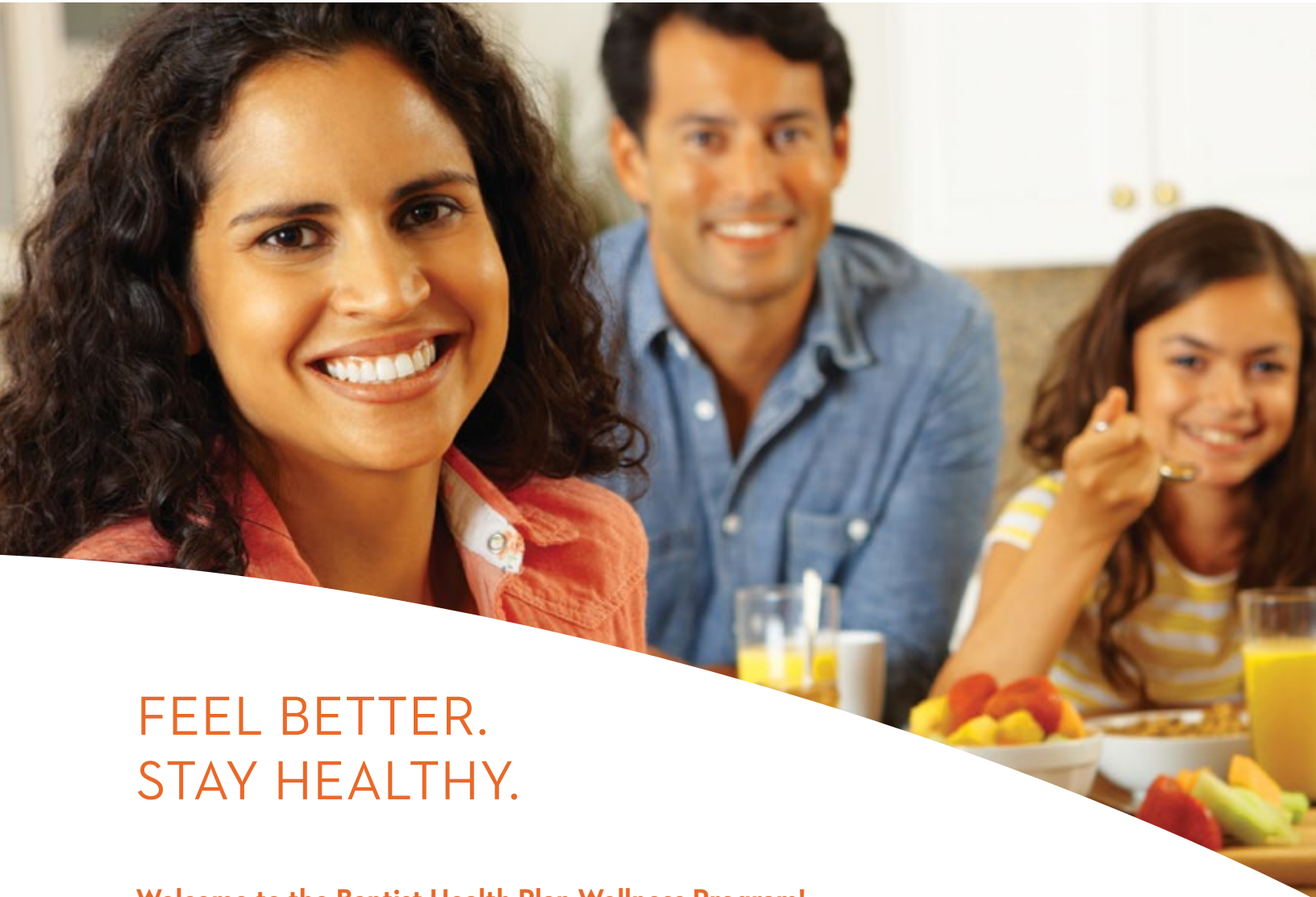




BAPTIST HEALTH PLAN®



## FEEL BETTER. STAY HEALTHY.

### **Welcome to the Baptist Health Plan Wellness Program!**

Baptist Health Plan believes that creating healthier communities begins with our own members. We are proud to offer a variety of voluntary health and wellness activities and resources aimed at keeping our members healthy and happy.

Our wellness program was created to ensure our members have access to information and tools that support all of the dimensions of wellness. This not only includes physical health, exercise and nutrition, but also incorporates the social, emotional, spiritual, financial, environmental, occupational and intellectual aspects of being healthy. Don't miss the opportunity to take advantage of all the options available to assist you with your journey to a healthier you.

*Continued*

**Personal Health Portal:** The Personal Health Portal is a secure site that allows you to take a Personal Health Assessment and receive your personal health report. You can also find educational materials in the e-health library, participate in lifestyle challenges, get a snapshot of your health trends, and more.

- Take a **Personal Health Assessment** to evaluate your overall health, identify potential risks and encourage lifestyle changes. Start with the assessment as a guide to understanding your current health risks, the areas in which you can take immediate action, and to serve as a discussion guide with your primary care doctor. Track your risks and progress over time by comparing your personal health reports after each completed Assessment.
- The **E-Health Library** provides educational materials to assist you with the areas of focus that matter to you and your family. Take advantage of the tools and resources available for health, prevention and condition management.
- Participate in **Lifestyle Challenges** focused on education and activities to promote exercise, nutrition and other topics supporting physical, emotional, spiritual and financial wellness. Whether you participate individually or challenge your co-workers, lifestyle challenges offer an exciting way to help you create or maintain a healthier lifestyle.
- **Preventive Services** are available as a benefit through your health plan and are designed to assist you with disease prevention, detection, and proactive management of your health. There are many key services in this area specifically including immunizations, annual physicals and age and gender appropriate screenings. A focus on regular prevention coupled with the advice of your primary care doctor can help you stay healthy.
- **Care Advising** is a program created to help you on your journey to health and provide support for difficult health conditions like diabetes, COPD and heart failure. If you qualify for Care Advising and participate in the program you will work one-on-one with your personal Care Advisor, who is a Registered Nurse. Your Care Advisor works closely with your primary care doctor and, depending on your needs, includes other medical professionals such as a pharmacist or dietician.

Your participation in many of the Baptist Health Plan Wellness Program activities will allow you to earn wellness points that can be tracked in the “My Rewards” section of your Personal Health Portal.

**Log in to the portal to find out more!** Click on the following link to access your Personal Health Portal: <https://baptisthealthplan.ezonlineregistration.net>

Please note: To access the portal, use one of the following browsers: Google Chrome, Mozilla Firefox, or Internet Explorer 9 or above.