

Introducing **BE WELL**

A wellness program specifically tailored for every individual's unique goals

Everyone is unique. Why not treat them that way?

EMI Health has teamed up with WebMD Health Services to create a comprehensive well-being tool that can engage you on a personal level and help guide you on a path to improved well-being.

BE WELL is based on your individual priorities, health risks and biometric testing data. As a result, it's completely tailored to your needs. As one of the many benefits to being an EMI Health subscriber, you will have access to all the tools you need in order to achieve what matters most to you. You'll receive a recommended plan-of-action, helpful tips, reminders related to specific tasks, and you'll have the ability to track and log your daily habits. Let BE WELL point you in the right direction and help you stay on track.

Eligible EMI Health subscribers* who currently have a medical plan can access BE WELL through the member portal at emihealth.com. *A subscriber is the main account holder whose name appears on the EMI Health ID card. Dependents are not eligible to participate at this time.

A look at the **BE WELL** digital platform

Track Personal Health

Receive a report on your current health, along with recommended steps to improve it. Whether you want to spend more time focusing on general well-being or a specific health condition, you will have the ability to choose your own priorities, and your personalized dashboard will reflect those interests.

Set Goals and Work on Daily Habits

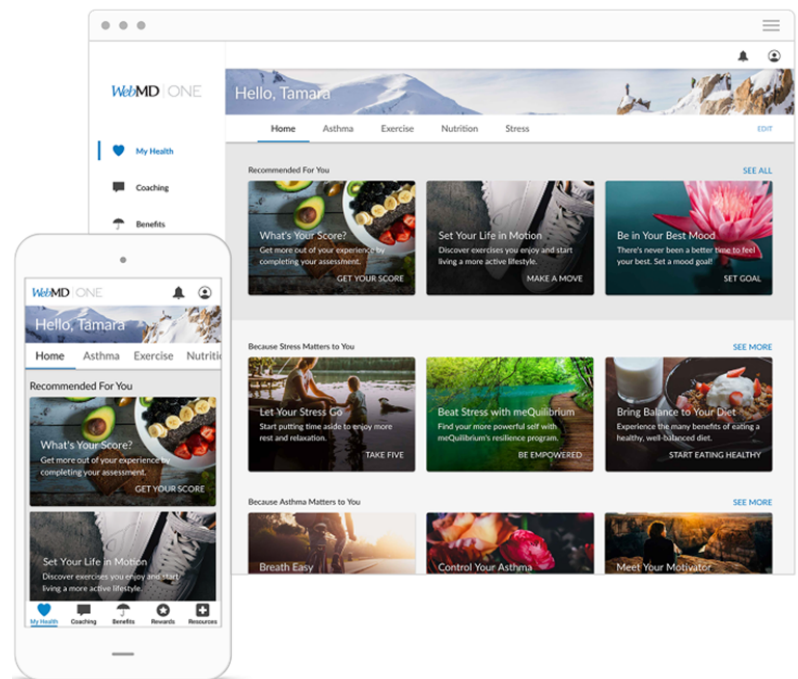
The Daily Habits tool uses the power of behavioral science to help you achieve your personal well-being goals and implement lifestyle changes. You can choose from a number of categories to help with things like diet and nutrition, stress management, depression, and even staying connected in your social life. Resources like workout routines, recipes, and food journals can help encourage you to stay motivated, track your progress and achieve real results.

Manage Specific Health Conditions

If you happen to have a specific health condition or concern, BE WELL can provide a recommended plan to help manage that condition as well as educational materials to help you better understand it. BE WELL can help manage diabetes, high blood pressure, hypertension, COPD, and many others.

Compete in Group Challenges

You can choose to take part in challenges where you can track and compare your progress with your colleagues. A competitive nature can help keep you motivated and strengthen your social interactions.



Get Motivated with a Personal Coach

Wellness Coaches help set realistic goals, help you get motivated, break through barriers, and create a support structure. A personal champion who can provide support, accountability and clinically backed advice whenever it's convenient for you.

Re-evaluate Your Priorities at Anytime

As you track your personal progress you can make adjustments to the program. At any time along your journey you can switch gears and let BE WELL know you're interested in a new area of focus. If you feel like you have conquered one major milestone, then keep going and strive to reach another. With BE WELL, you can achieve what matters most to you.

Why BE WELL Works

There's more to consider...

Personalized to each individual



If you ask 10 people what well-being means, you'll receive 10 different answers. That's because well-being is personal—it means something different to everyone. That's why a completely customized approach to well-being is so important. Only 32% of people enrolled in wellness programs believe they have been encouraged to live a healthier lifestyle, and that's because most other well-being programs today tend to treat all people the same. Rather than just check off a list of predetermined tasks, BE WELL empowers you with choice, provides guidance and structure for your interests and measures success based on your personal progress.



Expect Results

Backed by the most trusted brand in health and wellness, WebMD Health Services bring the most comprehensive set of well-being products together in one place for EMI Health members. These cutting-edge tools work together to help you balance and maintain a healthy lifestyle while working to achieve your personal goals. With a proven track record, WebMD Health Services provide the best resources that can continually help you achieve real results.



Device and App Connection Center

Sync up a fitness device or app with BE WELL and you will have instant access to your information within the platform. Blood pressure monitoring, step tracking, calorie counting, and sleep monitoring, are just a few of the tracking capabilities that can be synced from apps and devices that you may already be using.



Stay Motivated

You'll receive ongoing communications throughout the year in order to get the most out of the provided tools. BE WELL sends the right message at the right time. Let us do the work to get you moving in the right direction so you can take control of your well-being and live your best life.

How to access BE WELL:

To access BE WELL, log in to your account at emihealth.com and click on the "BE WELL" button.