

# Wellness Benefits at a Glance

Personalized Digital Wellness Platform

Quarterly Webinars & Challenges



Health Risk Assessment



Disease Management Coaching





Onsite Services



Members can download the free WebMD Wellness At Your Side app from the Apple App Store or Google play store.

Once installed, open the app and enter the one time connection code: **BeWell** 









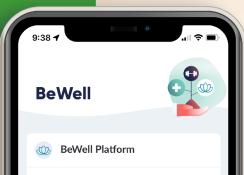
# EMI HEALTH





EMI Health has teamed up with WebMD Health Services to create a comprehensive well-being tool designed to help members implement healthy lifestyle changes. BeWell engages each member on a personal level, providing continual guidance and support.





A customized digital wellness platform containing personalized resources based on your health profile and individual wellness needs. Track healthy habits. participate in challenges, earn rewards, and access a library of useful articles, videos, and podcasts created by WebMD.

#### SIGN-IN TO BEWELL

#### Wellness Coaching

A team of health and wellness professionals are available through your BeWell portal to help you reach your goals and make lasting lifestyle changes. From starting a new exercise plan, to managing stress, WebMD health coaches are here to help you thrive in all aspects of well-being. Connect with a coach over the phone, or through secure messaging your professional coach is ready and waiting to help. Login to BeWell to get started today.

#### My FMI Health Providers Service



## Challenges & Webinars

Participate in challenges to help reach your goals and take advantage of our range of engaging webinars.



## Personalized Content

Discover recipes, workout plans, healthy tips, and more, all personally catered to you and your health.



### There's a community for everyone!

Within the BeWell portal members can find support, offer encouragement, and work toward goals together!

- Share workouts
- Share recipes
- Find support
- Stay motivated

## ()ne-on-()ne Coaching

Access our team of professional coaches ready to help you reach your health goals.