

Get well sooner

We're making Coventry WellBeingSM even better for you

Your health and well-being are our top priority. That's why we are bringing new features to our wellness program this November. Our enhanced online wellness experience is easier to navigate, simpler to use and more personalized to help you get or stay well by improving your ability to make healthy choices.

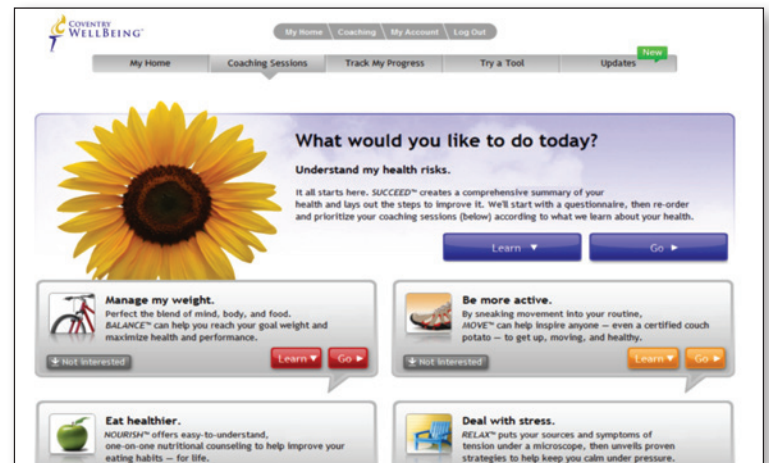
Start with a health risk assessment

To make the most of the updated program, you'll want to take a new health risk assessment (HRA) in November. The HRA is completely confidential and takes about 20 minutes. You'll answer questions about your habits and health history. After you finish, you will receive a report that lets you know how well you are doing with your healthy habits.

Next step, personalized coaching

Based on the results of your HRA, personalized wellness programs will be prioritized just for you to address areas in need of improvement. For example, if you are not physically active, you may enroll in a personalized program that will help you incorporate activity into your life. After you get started, you will receive periodic follow-up messages to check on your progress. The program offers personalized coaching in the following areas:

- Weight management
- Tobacco cessation
- Nutrition improvement
- Physical activity
- Stress management
- Cholesterol management
- Blood pressure management
- Sleep improvement
- Depression management



Tools for tracking and satisfaction

To help you with your program and track your progress, you have many tools, such as a step tracker, a restaurant guide for healthy choices, BMI calculator, cookbook and portion size tool. You also have additional resources, like discount programs, and health news and libraries.

Watch for the new program to appear on your member website, **My Online ServicesSM**, in November.