

# What are you waiting for?

It only takes a couple of minutes!

## Get logged in

If you haven't used the site before, simply enter information and get started.

- Log in to **MyActiveHealth/COVA**.
- Click on "Create Account" and enter your information.
- Create a user name and password.
- Review your address information.
- Accept the Terms & Conditions.

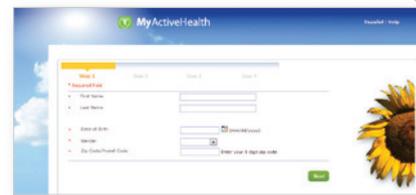
If you've already signed up, just enter your user name and password. (If you've forgotten either, there is a simple button to help you.)

## Complete your Health Assessment

The Health Assessment (HA) is a very important piece of your health picture. A lot of the custom suggestions and cool features are based on your answers. If you haven't filled it out yet, do that first. GOOD NEWS! There is a new HA Wizard on the site that walks you through the process step by step. Now it's easier and faster than ever.

## Dive in and start enjoying all the great features

It's called **MyActiveHealth** because it's **YOUR** site. That's why so much can be customized and tailored to the way you want it. Add or move features. Add your favorite links. Select the coaching modules or challenges you want to do. There are even mobile features you can use on your smartphone to help you eat right and track your health on the go. Dive in and start exploring. You'll be amazed how fun and rewarding it can be to manage and improve your health!



My health.  
My choices.  
My life.

Log in to [MyActiveHealth.com/COVA](http://MyActiveHealth.com/COVA) today,  
or call 1-866-938-0349, Monday-Friday, 8:30 am-11pm,  
Eastern time and Saturday, 9 am-2 pm, Eastern time.



Scan the QR code  
into your mobile  
device to get a  
healthy start.



A powerful health platform that  
lets me take control and take action.

Una versión en español de esta comunicación puede consultarse en [www.dhrm.virginia.gov](http://www.dhrm.virginia.gov).



Available May 1st!

# The MyActiveHealth<sup>SM</sup> platform puts your health at the center of everything.



**Just like the name says, MyActiveHealth is all about your health and the many ways you can protect and improve it.** This is not a generic, one-size-fits-all health site. Your unique health information makes the MyActiveHealth platform come to life with suggestions and programs tailored just for you! If you're looking for a way to take better control of your health and make real changes, this platform can help give you the power to succeed. Or if you are just looking for a place to stay organized and on top of your health information, this is just for you.

## Your info, when and where you want it.

- **Your health information in a simple, organized way** that puts everything at your fingertips—your medical history, conditions, claims data, medications and doctors. This feature alone could save you countless hours of research and digging through paperwork. Pull it up at home, on the go or wherever you need it.
- **Allows you to give access to your doctor(s)** to view your info so they can see your total health picture. You have complete control over who sees it and who doesn't.



## Suggestions, trackers and tools—just for you.

Based on your historical and self-reported information, as well as other data gathered from doctor visits, lab tests and pharmacy data, this tool will:

- **Provide a valuable snapshot of your health**, so you can see how you are doing and plan for changes you want to make for the future.
- **Suggest "health actions"** that are derived right from your unique health picture—personalized steps you can discuss with your doctor to improve your overall health.
- **Give you access to trackers and tools** for healthy eating and exercise. They can make it easier to keep track and stay on track!



## Need health info on the go?

Check out the mobile site, where you can:

- View your health records
- User trackers and tools to look up information
- See your health alerts, and more!

## It's your gateway to valuable health information.

With MyActiveHealth, you can find links to everything that you need all in one place. There are tips for healthy living, healthy eating and off-loading stress, and even links to interactive video modules that you can watch at your own pace. You get one-stop access to helpful tools and information, including:

- Symptom checker
- Recipe finder
- Drug interaction checker
- Health in the news—articles and videos updated daily
- Custom links—selected just for you based on your current health
- Online coaching modules
- Nutritional scoring system
- Health links—you can even add your favorite sites
- Games and fun tools to show the lighter side of health!



## And remember, good health has its rewards!

On the MyActiveHealth platform, you get full access to your Rewards Center, where you can:

- See ongoing updates as you complete your incentives
- Check your progress to see how you're doing
- See any next steps required to earn your incentives



It's your health, your life, and it's time to get started! Log in to **MyActiveHealth.com/COVA.**

