

June, 2013

My Good Health®

Wellness Portal & Health Assessment for Health & Dental Plan Members

Your current Health Choice Health Risk Assessment Tool has been replaced with a new and improved wellness portal and health assessment called **My Good Health®**.

Who has access to the Wellness Portal and Health Assessment?

My Good Health is available to all Health Association Nova Scotia Health (and/or Dental Plan) members, their spouses and dependents over 18 years of age. Any plan member who has a Medavie Blue Cross policy number and ID number can access the wellness portal and health assessment.

With My Good Health you have access to interactive content, tools and resources developed specifically to help you learn, understand and better manage your health. My Good Health is a reliable, current and fully bilingual source for Canadian health and wellness information.

Some key My Good Health features include:

- Health assessment
- Medications and conditions library
- Tests & procedures library
- Natural health products library
- Health and wellness tools and information
- Daily news updates
- Monthly health e-newsletters
- Canada-wide community support directory



You can access My Good Health by visiting medaviebc.mygoodhealth.ca you can also connect by selecting the “My Good Health” logo on the home page at www.healthassociation.ns.ca Please see over for further details of this exciting enhancement.

*If you have questions about your benefits, please talk to your Benefits Administrator
You can also call Health Association Nova Scotia at 1-866-886-7246 or 902-832-8500.*

This information is also available from our website.

Visit www.healthassociation.ns.ca/benefits

My Good Health.

YOUR GUIDE TO BETTER HEALTH.



Finding your way to better health and wellness can be a challenge. The My Good Health* website can help you get there with:

- ✓ Comprehensive health and wellness information
- ✓ Health Assessment tool
- ✓ Personalized recommendations on how you can improve your health and wellness, starting today.

We're proud to point your way to healthier living.



Take advantage of the My Good Health website for:

Information

- ✓ Reliable, comprehensive and current Canadian health and wellness content
- ✓ Natural health products library
- ✓ Information on medications, diseases, and health conditions
- ✓ Diagnostic tests and procedures library
- ✓ Healthy living tips, e-newsletters and health updates
- ✓ Community resources

Interactive tools

- ✓ Health calculators and guides
- ✓ Self-assessments
- ✓ Health knowledge tests
- ✓ Symptom checker
- ✓ Risk tools and trackers

Personalized summary of your health status and path

With your Health Assessment tool, use your personal information, including measurable clinical data for:

- ✓ Creating your personal health status and health risk profile
- ✓ Identifying areas for health improvement and readiness to change
- ✓ Following your individually tailored health program
- ✓ Facts, motivation and access to resources for making healthy choices
- ✓ Goal setting, action plans and email reminders
- ✓ Immediate feedback

It's easy to move toward better health:

Step 1

Create an account with your Medavie Blue Cross I.D. card and log in.

Step 2

Complete your health profile.

Step 3

Use your customized report as your personal guide to better health!

medaviebc.mygoodhealth.ca



medavie.bluecross.ca



@MedavieBC



medaviesmallsteps.com

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