

When **you're** ready, we're here for **you**.

SummaCare's WebMD[®] Health Manager offers tools to help support every step of your employees' well-being journeys.

Motivation takes many forms

No matter your inspiration or motivation, SummaCare's WebMD Health Manager is here when you decide it's time for a change. We provide resources that can help you stay positive, push through challenges and pursue more healthy passions throughout your life.

Find resources that can help with every health goal:

- **Health Assessment** – Learn exactly where your health stands. Answer this quick questionnaire to get a personalized health report and recommendations.
- **Health Trackers** – Keep an eye on your health and well-being by tracking your health measurements (blood pressure, blood sugar and more), exercise, sleep and other activities.
- **Daily Habits** – Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and see your progress.
- **Health Topics** – Utilize a full library of valuable resources on everything from specific health conditions, healthy eating habits, mindfulness techniques and more.
- **Media Library** – Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and more.
- **Personal Health Record** – A simple way to view all your health information.
- **Device and App Connection Center** – Automatically track and upload your activity with a fitness device or app.

Download the WebMD App, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "**Wellness At Your Side**"
2. Download the app and enter the connection code: **LivingWell**
3. Register for a new account on the WebMD Health Services portal and begin a personalized experience by answering a few questions regarding individual health goals.

Get started today at:

summacare.com/plancentral