

Destination Wellness



GET THERE

Let Coventry WellBeingSM show you the way

You have access to an exciting resource, Coventry WellBeing. Coventry WellBeing helps you make changes and improve your diet, fitness level, emotional well-being, and more. Plus, you can find risk factors you may have for certain health conditions and get the information you need to make healthier choices.

- Visit the web address shown on your ID card and login to My Online Services.
- Under “Wellness Tools” select any of the links under WellBeing.

You’ve arrived at the hub of your connection to better health.

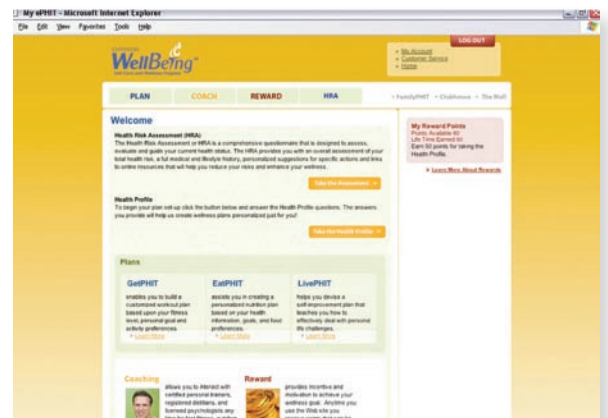


Coventry WellBeingSM

FIRST STOP

Confidential Health Risk Assessment

You’ll probably want to know the state of your health before you start using the other wellness tools. The confidential health risk assessment (HRA) is a questionnaire that asks questions about medical history, medical conditions, and life habits. After you take the HRA, we give you a personal report that gives you a picture of your state of health. We also give you suggestions for steps you can take to manage your health. You can reduce your risks for developing health problems in the future while improving your life now.



Your very own guide to Personalized Health Improvement



Online Health Management

Regular exercise and healthy eating help maintain physical and mental well-being. That's why we teach you how to exercise and eat healthy. You can create personal plans for weight loss, strength training, muscle toning, better eating and life skills.

Nutrition

Whether you want to manage your weight or simply learn about better nutrition, our interactive meal planner can help. You can easily track daily calorie intake and food servings for breakfast, lunch, dinner, and snacks. You can also plan meals and create shopping lists geared to your specific needs and preferences.

Exercise

Start an exercise plan that's fun and easy to keep up. We use virtual exercises to show you the proper form and give you tips, notes, techniques, and precautions. There are a wide variety of exercise plans for beginners and experts alike.

Self-Improvement

A good health and wellness plan wouldn't be complete without dealing with mental and emotional well-being. We offer life skills plans to help you deal with the challenges of everyday life, such as workplace issues, financial concerns, or relationship and family matters. After completing a quick life skills assessment to discover strengths and weaknesses, you can select the areas in which you would like to improve.

Family-Focused Wellness from KidsHealth®

Keeping kids healthy and happy can be a challenge. To help you make more informed decisions about children's health and development, our website now offers expert content from KidsHealth.

KidsHealth's library of parenting and health information includes thousands of up-to-date articles, animations, and features written for three distinct audiences: parents, kids, and teens. There's even an entire section for expectant and new parents. Kids and teens will find information written just for them, with personal stories they can relate to, interactive features, and answers to questions kids and teens really ask.

Reward points make WellBeing fun

Best of all, Coventry WellBeing makes wellness fun. We encourage our members to participate by providing rewards for doing so. All members who participate in the online Personal Health Improvement programs will earn points toward valuable items, or receive entries for prize drawings. Prizes include electronics, cash cards, fitness equipment, spa packages, and more. If you keep using the online program — including completing the online health risk assessment (HRA) — you can earn more points and more chances for prizes.

Start focusing on your health today.

To get on the road to well-being, visit the web address on your ID card and login to My Online Services.