

# BUILDING HEALTHY HABIT JUST GOT EASIER

Register for ahealthyme between February 1st to March 31st for a chance to win a [\\$50 gift card voucher!](#)

Once registered, complete the Health Assessment for a chance to win an [Oura Ring gift card](#). To complete the assessment, click the "Health Assessment" tile after logging in.



ahealthyme® is an online program that can help you improve your physical, mental, and social health. Designed to empower and inspire, it helps you set and reach your personal wellness goals, so you can share your best self with your friends, co-workers, and loved ones.

## START FEELING YOUR BEST WITH TOOLS AND RESOURCES THAT INCLUDE:

- A comprehensive health assessment to gauge your current physical and emotional health
- A personalized wellness plan to develop healthy, long-term habits that stick
- Educational content and videos curated by health and wellness experts
- The opportunity to earn points for participating in healthy behaviors

### You can also engage in programs that help with:

- Stress management
- Smoking cessation
- Nutrition
- Fitness
- Weight management
- Blood pressure



iPhone®

GET STARTED BY REGISTERING TODAY, THEN TAKE YOUR HEALTH ASSESSMENT.



Android™

## Register today

To get started, sign into MyBlue online and click **ahealthyme** under **My Care**. You can also scan the QR code here to download the ahealthyme app, Alaveda, and use the code **wellness** when registering.



WATCH NOW

[Click here to watch a short video overview of aHealthyMe.](#)

If you don't have a MyBlue account, you can register at [wellness.ahealthyme.com](https://wellness.ahealthyme.com).