

What Connects You to Better Well-Being?



Today's the day to
connect to better well-
being
*Healthways Wellness
Program*

Better well-being takes inspiration and the right resources.

There's no one in the world just like you. From the way you think, to the choices you make, to the way you interact with others. That's why *the Healthways Wellness Program* offers Well-Being Connect™, a guided online experience that's designed to inspire improved health and well-being.

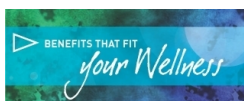
Well-Being Connect™ lets you see and explore your own well-being. Every personalized feature is meant to help you live more fully by getting to know you better—helping you set goals and connecting you to support to achieve them. All in one place at www.mybmcwellness.com.

See what Well-Being Connect™ can help you do:

- **Assess Health** – The Healthways Well-Being Assessment™ is a assesses your lifestyle and overall health. The online, guided process makes answering questions as easy as 1-2-3.
- **Create a Well-Being Plan** – This is the fun part! Create a personalized, interactive plan that's easy to navigate while helping you reach your healthy best; includes recommendations and Focus Areas to keep you on track.
- **Search Resources** – Find hundreds of trustworthy articles, videos and Focus Areas. Search thousands of healthy meal ideas, including that map out calories and nutrients to help you lose weight or manage a condition.
- **Take Action** – Record daily behaviors and see progress for weight, exercise, medication, tobacco use, healthy eating and more.
- **Stay Connected** – Join chatter sessions, update group activities, share information, personal stories, tips and successes – even share a success on Facebook if you want.
- **Get Inspired** – Only you know what moves you to make something about your health and life better– photos of special people; or, perhaps quotes that move your spirit. Post them on your Inspiration Board to help you stay motivated.

What inspires you to improve well-being?

Healthways Wellness Program
www.mybmcwellness.com
1-866-336-8226



You can realize your best health and well-being when given the proper support. Healthways meets you where you are and takes you where you want to go, creating better health and well-being for a better you.

