

# Supporting your wellness journey



SMALL CHANGES IN our lifestyle can have a big impact on our health, but most of us find it hard to make the time or don't know where to start.

Pacific Blue Cross provides digital wellness tools through Health Connected so you can take control of your health and wellbeing.

## What is Health Connected?

Health Connected is an engaging and interactive website containing everything you need to start your journey to better health. With its user-friendly tools, you can make informed health decisions for you and your family. It is available free of charge to Pacific Blue Cross members and their spouses.

### Start your wellness journey today



Health assessments that shed light on health risks, and provide health skills to show you where you are and what you need to focus on



Challenges to make it easy to increase health skills and reduce health risks in a fun and competitive way



Personalized health coaching plans that help turn small changes into healthy habits



Rewards that allow you to earn badges, medals and points throughout your wellness journey

### Build your health profile

When you first log into Health Connected, take the Health Risk Assessment and Health Skills Profile to discover your unique health risks and skills.

## Ready to get started?



Log into your Member Profile at [pac.bluecross.ca/Member](http://pac.bluecross.ca/Member) and visit Health Connected to build your health profile today!

### Members

Log into your Member Profile using your policy number, ID number and password. If this is your first time, click *I want to Register for Access to my Member Profile*. Click on the *Digital Wellness Tools* circle on the left hand side within your Member Profile.

### Spouses

Members can grant their spouse access to their Member Profile by clicking *Account Settings* under the *Account* tab of the Member Profile home page. Spouses will then have access to Health Connected through their spousal Member Profile.