



The Next Chapter in Health Solutions

Everyone's life story has some plot twists — and when it comes to your health, you have a lot to say about how the story develops.

If you're basically healthy, you can put in some effort to stay that way. If you need to make changes, you can do that, too.

That's the simple idea behind **My Health Novel**, a free program offered by your health plan. Using innovative mobile apps and other tools and resources, you can set your own goals to stay on track.

You'll also save on medical costs when you take steps to reduce your risks!

How it works:

1. Log in to **My Health Toolkit**®.
2. Select **Wellness & Care Management, Wellness Programs**, then **My Health Novel**.
3. Take a one-minute assessment.
4. You'll get details about your recommended program and resources available to you.

**Get healthy and stay healthy
with My Health Novel.**

When Weight Management Is Part of Your Story



The weight management chapter of My Health Novel is designed to match you with helpful resources and tools based on your specific health needs.

It lets you access health management mobile apps at no cost to you.

When you qualify and sign up, you'll get access to health coaching, nutrition guidance, digital tools, group support and more to keep you on track.

How it works:

1. Log in to [My Health Toolkit](#)®.
2. Select [Wellness & Care Management](#), [Wellness Programs](#), then [My Health Novel](#).
3. Take a quick, one-minute assessment.
4. You'll receive your recommended programs and resources available to you.

Find support to help you reach and stay at a healthy weight!



When Healthy Bones and Joints Are Part of Your Story



The fitness and physical therapy chapter of My Health Novel is designed to match you with helpful resources and tools based on your specific health needs.

It lets you access digital programs to improve your musculoskeletal health at no cost to you.

When you qualify and sign up, you'll get access to targeted exercises, virtual visits with physical therapists, helpful tools, group support and other online tools to keep you on track.

How it works:

1. Log in to [My Health Toolkit](#).
2. Select [Wellness & Care Management](#), [Wellness Programs](#), then [My Health Novel](#).
3. Take a quick assessment.
4. You'll receive your recommended programs and resources available to you.

Find support and mobility solutions to help you get and stay as active as possible!



When Behavioral Health Is Part of Your Story



The behavioral health chapter of My Health Novel is designed to match you with helpful resources and tools based on your specific health needs.

It lets you access behavioral health management mobile apps at no cost to you.

When you qualify and sign up, you'll get access to evidence-based behavioral health programs, digital tools, group support and more to keep you on track.

How it works:

1. Log in to [My Health Toolkit](#).
2. Select [Wellness & Care Management](#), [Wellness Programs](#), then [My Health Novel](#).
3. Take a quick assessment.
4. You'll receive your recommended programs and resources available to you.

Get tools and support to help you get and stay emotionally healthy!



Healthier Lives at Every Age



Finally a health care program designed just for women! The [women's health chapter of My Health Novel](#) tackles issues women face throughout their lives.

It includes access to mobile apps and tools customized to meet your needs. And there's no cost to you.

Whether you're dealing with pelvic pain, fertility issues, breastfeeding or menopause, you'll find help and solutions.

When you sign up, you'll get access to online help. You can get virtual coaching, physical therapy advice and support from health care experts.

How it works:

1. Log in to My Health Toolkit®.
2. Select [Wellness & Care Management](#), [Wellness Programs](#), then [My Health Novel](#).
3. Take a quick, one-minute assessment.

You'll get your recommended program and see what resources are available to you.

