

A commitment to the health of our members.

At HealthPlus of Michigan, we work every day to keep our members healthy. One way we do that is to make sure you have easy access to all the information you need to make good health decisions.

HealthQuest Health & Wellness Online

With HealthPlus, you can take advantage of our year-round program that offers a variety of wellness activities to help you feel great, boost energy and learn more about your health. Whether you are in good health or need a plan to get started, our wellness tools and programs can help you improve your health, reduce your risks and improve quality of life.

Our HealthPlus Health & Wellness benefits and features include:

- **Your HealthQuest Profile** — Complete a confidential health risk assessment that helps you identify your individual health risks, understand what they mean, and then help you identify and prioritize your health risks. Your personalized HQP report also helps you identify activities, programs and resources that help you begin to better manage your health.*
- **Healthy Living Programs** — After assessing your health, you will be encouraged to participate in any of the 15 online interactive healthy living programs. These six-week online programs will help you reach your health goals at your own pace.*
- **Smoking Cessation and Weight Management Programs** — Offered through phone and online coaching at no cost if you need support in making these lifestyle changes.*
- **Online Monthly Health Seminars** — Every month, we will feature a new interactive online seminar designed to help you learn about a variety of health topics to help improve specific health risks. These seminars are approximately 10 to 15 minutes long and can be viewed at any time in the comfort of your home.
- **Quarterly Health Challenges** — We provide structured, fun, health challenges to help you improve your health! Challenges last four to six weeks.*
- **Personal Health Record** — Record and manage your health history and your family members' health history in a personal health record that's completely confidential, secure and easy to access and share with your physician.

- **Health Encyclopedia** — This is your simple, free access to information on thousands of health topics including disease, drug information, health news, recipes and more!
- **Healthy Conversations** — Use an interactive personalized assessment in up to eight risk areas to design a health-risk intervention plan. Once you have completed this 20- to 35-minute process, you will be able to print and walk away with a personalized health-risk intervention plan.

Visit Health & Wellness Online at www.healthplus.org and click on *Health & Wellness* today.



HealthPlus
HealthQuest
PROGRAM

Find the health in your life.

HealthQuest Perks** Program

HealthPlus is always looking for innovative ways to show our members that we appreciate them for choosing us. HealthQuest Perks provides valuable discounts. For example:

Weight Watchers



HealthPlus and Weight Watchers have joined forces to bring you phenomenally low rates on three proven weight management plans: Weight Watchers local meeting vouchers, Weight Watchers Online subscription and the Weight Watchers At Home kit. As an added incentive, HealthPlus will reward you for participating in the weight management offering of your choice! Simply complete 10 weeks of your Weight Watchers plan and HealthPlus will reimburse half of your cost (a maximum reimbursement of \$83). Call 1-866-252-3007.

Jenny Craig

Are you ready to join Jenny and lose those unwanted pounds? HealthPlus and Jenny Craig have teamed up to assist you. HealthQuest Perks now offers a Jenny Craig discount just for being a valued HealthPlus member. Call 1-877-JENNY70.



Edgepark Medical Supply



Edgepark Medical Supply offers discounted costs on products you may need including blood pressure cuffs, pedometers and weight scales. Call 1-800-321-0591.

Hurley Health & Fitness

Members can take advantage of a \$29 Joining Fee (\$249 value) and half-off dues for the first three months. This offer cannot be combined with any other offers.



Snap Fitness

HealthPlus members can now enjoy free enrollment plus 10% off monthly dues at Snap Fitness Centers nationwide. Call 1-877-474-5422.



Laptop Lunches

Laptop Lunches are famous for being a portion-controlled, waste-free way to pack a lunch from home. HealthPlus members can receive 20% off their orders at www.laptoplunches.com. Use the coupon code "healthplus" upon checkout. These laptop lunches are great for adults and children alike!



EyeMed Vision Care

Save up to 35 percent on frames and lenses, and 15 percent on conventional contact lenses. Simply visit the EyeMed Vision Care provider of your choice and present your HealthPlus ID. Discounted EyeMed Vision Care prices are automatically calculated. Call 1-866-559-5252.



Moosejaw

HealthPlus members can now receive a 10 percent discount off in-stock purchases at Moosejaw shops and online. Moosejaw, a Michigan-based retail store, offers everything from clothing, shoes and sports equipment to camping and hiking gear. Use the discount code: HEALTHQUEST to obtain the 10 percent HealthPlus member discount. Check them out on line or to find a shop near you (www.moosejaw.com). The following brands are excluded due to vendor agreements: Arc'Teryx, Bugaboo, Suunto, The North Face, Patagonia, Western Mountaineering and Yakima.



To learn more about HealthQuest Perks, log on to www.healthplus.org.

**HealthQuest Perks is a value-added program, and the services and products made available under this program are not covered benefits under HealthPlus of Michigan subscribers' contracts or otherwise payable by HealthPlus. HealthPlus, its affiliates, subsidiaries, agents and assigns, make no representations or warranties regarding the quality, price or effectiveness of the services or products, or the credentialing of the providers, made available by HealthQuest Perks.



Find the health in your life.

1-800-332-9161

T.D.D. 1-800-992-5070

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