

My Good Health[®]

YOUR GUIDE TO BETTER HEALTH.



Finding your way to better health and wellness can be a challenge. The My Good Health[®] website can help you get there with:

- ✓ Comprehensive health and wellness information
- ✓ Health Assessment tool
- ✓ Personalized recommendations on how you can improve your health and wellness, starting today.

We're proud to point your way to healthier living.



Take advantage of the My Good Health website for:

Information

- ✓ Reliable, comprehensive and current Canadian health and wellness content
- ✓ Natural health products library
- ✓ Information on medications, diseases, and health conditions
- ✓ Diagnostic tests and procedures library
- ✓ Healthy living tips, e-newsletters and health updates
- ✓ Community resources

Interactive tools

- ✓ Health calculators and guides
- ✓ Self-assessments
- ✓ Health knowledge tests
- ✓ Symptom checker
- ✓ Risk tools and trackers

Personalized summary of your health status and path

With your Health Assessment tool, use your personal information, including measurable clinical data for:

- ✓ Creating your personal health status and health risk profile
- ✓ Identifying areas for health improvement and readiness to change
- ✓ Following your individually tailored health program
- ✓ Facts, motivation and access to resources for making healthy choices
- ✓ Goal setting, action plans and email reminders
- ✓ Immediate feedback

It's easy to move toward better health:

Step 1

Create an account with your Medavie Blue Cross I.D. card and log in.

Step 2

Complete your health profile.

Step 3

Use your customized report as your personal guide to better health!

medaviebc.mygoodhealth.ca

 medavie.bluecross.ca

 [@MedavieBC](https://twitter.com/MedavieBC)

 medaviesmallsteps.com

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