Subject line: **Access innovative** **Health and wellness services**

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**Physical Health Insights  
Your roadmap to better health and wellness**

Are you looking to boost your energy, prevent injuries, or ease aches and pains?

Through Physical Health Insights, you now have access to **a physical health review** with lab testing, movement assessments, and expert consultations — all designed to give you a clearer picture of your health today and a plan for tomorrow.

**What’s included**

* **Lab and heart tests** – Get key insights into your blood, heart, and overall body systems
* **Movement test** – Measure your strength, posture, and flexibility
* **Video summary** – Review your results in plain language
* **Personalized consultations** – Meet one-on-one with a nurse practitioner, athletic therapist, and dietitian
* **Tailored care plan** – Walk away with clear next steps for your health

**How to Get Started**

1. Log into Connected Care via the [Blue Cross Mobile app](https://www.medaviebc.ca/en/members/medavie-blue-cross-mobile-app) or [Member Services site](https://www.medaviebc.ca/en/members/your-coverage/connected-care).
2. Click on the Physical Health Insights tile and register — it’s free and only takes about 2 minutes.
3. Access the **Phzio Health Portal** to book appointments with your Health Care Team and explore on-demand health content.
4. Set your health goals, complete your lab and movement tests, and review results with your care team.

[Download](https://content.medaviebc.ca/hubfs/MBC_Connected%20Care_Member%20Guidebook_BRO-463E.pdf) the Connected Care member guidebook to learn more about all of our partners.

[**Get Started today!**](https://www.medaviebc.ca/en/members/your-coverage/connected-care)

**Visit the** [**Living Well Hub**](https://www.medaviebc.ca/en/living-well-hub)from Medavie Blue Cross for  
useful tips and resources to help you live your best life.

**Coverage information:**

*Programs and services under Connected Care are available to all Medavie Blue Cross members at preferred pricing. Depending on plan design, costs for these program and services may be eligible for reimbursement under Extended Health Benefits (EHB), Health Spending Account (HSA), Personal Wellness Account (PWA), or the Health Coaching & Chronic Disease Management benefit. Please refer to the Blue Cross mobile app or your benefits booklet for coverage information.*

