

# INTRODUCING HEALTH CONNECTED



Join Our Health Movement   
[www.iHealthConnected.com](http://www.iHealthConnected.com)



**Health Connected**

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# WHAT IS HEALTH CONNECTED?

Health Connected is an easy-to-use digital health and wellness program uniquely designed to support you and your family to live healthy – and have fun doing it.

## What can Health Connected do for me?

- › Identifies unknown health risks for you and your family
- › Connects with wearable devices to track progress
- › Encourages participation through fun individual and team health challenges
- › Provides a personalized health action plan with Digital Health Coach
- › Supports your improved health 24/7 through iHealthConnected.com

## How do I use Health Connected?

Getting started with Health Connected is easy:

- › Your employer has sent you an email with a link to access Health Connected.
- › Simply click on this link. Follow the prompts to set up your account.
- › If you were given print notification, enter the license key at [www.iHealthConnected.com](http://www.iHealthConnected.com).

If you don't have a company email address, your employer will send you instructions by mail.



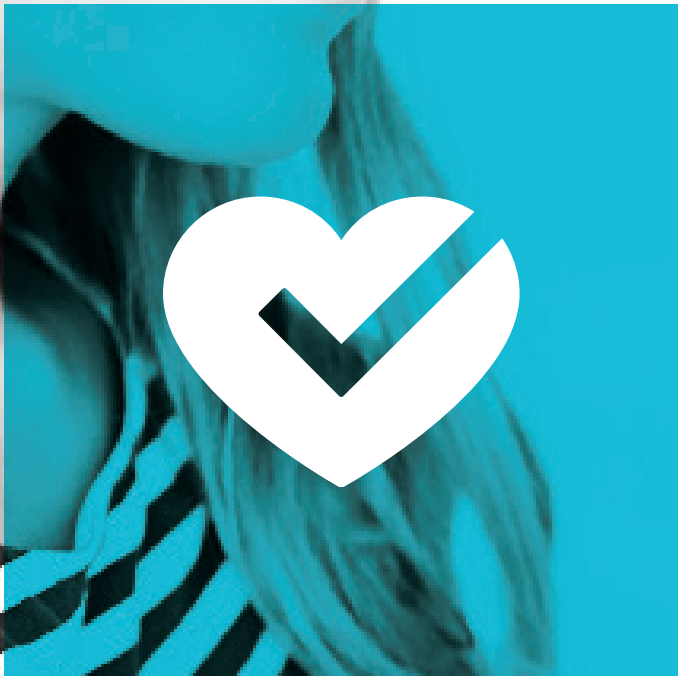
**DIGITAL  
HEALTH COACH**



**CHALLENGES**



**HEALTH RISK  
ASSESSMENT**



# USING THE HEALTH RISK ASSESSMENT (HRA)

## What is the Health Risk Assessment?

The Health Risk Assessment (HRA) is a validated questionnaire that reveals your risks across 15 health and wellness categories.

## What can the Health Risk Assessment do for me?

- › The HRA can provide valuable insights and guidance about your health.
- › The HRA will pinpoint areas where you're at high, moderate, and low risk and help you build an action plan to address your unique needs.
- › You can also track your risks over time and see the progress you've made toward improving your health.

## How do I use the Health Risk Assessment?

- › While logged in to your Health Connected account, click on [HEALTH RISK ASSESSMENT](#).
- › From here, you will be asked a series of questions about your health and your workplace and lifestyle habits. This should take approximately 20 minutes.
- › You can stop at any time and complete later.
- › When you've answered, you'll receive a summary that explains your scores and a plan to help you achieve better health.





# USING CHALLENGES

## What is Challenges?

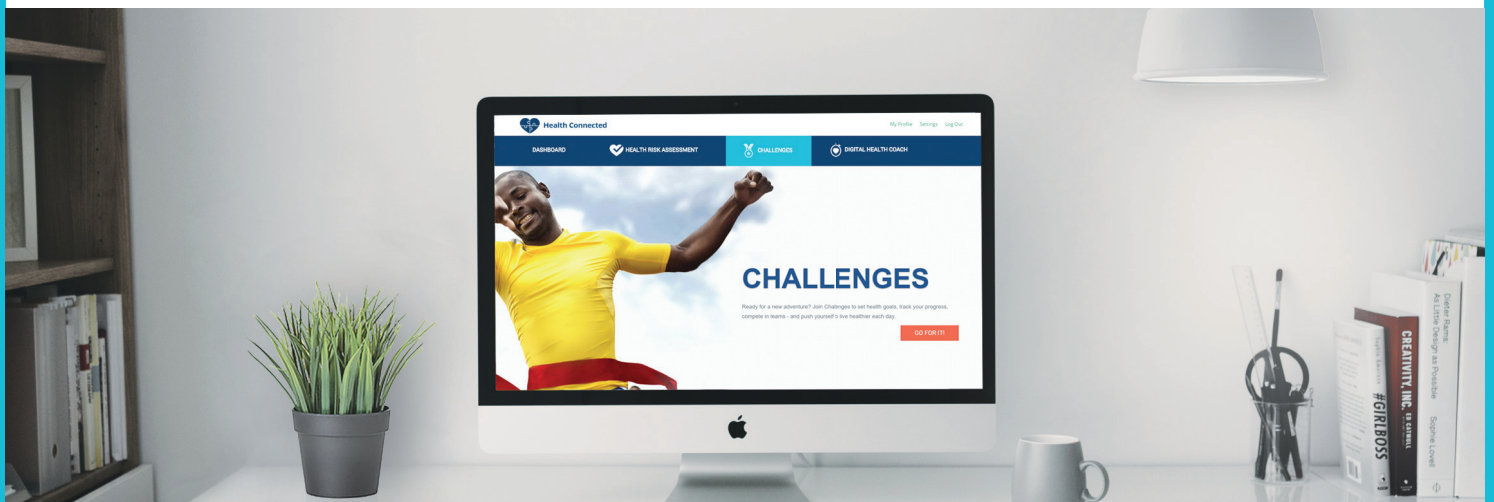
- › Challenges is a fun application you can use to set health goals, track healthy behaviors, and earn points and rewards.
- › You can aim to beat your own personal best – or compete together on teams with friends and colleagues to see who comes out on top!

## How do I use Challenges?

You're just a few clicks away from starting Challenges! While logged in to your Health Connected account, click on **CHALLENGES**. From here, you can set up personal health goals, begin tracking your activities, and start joining teams right away.

## What can Challenges do for me?

- › Challenges makes healthy behavior change simple, fun, and – if you want – competitive!
- › View and update your progress at any time.
- › You can use Challenges trackers to record your daily progress.
- › Or connect Challenges to wearable devices and apps you use to seamlessly integrate your Challenges experience with your current health efforts.









# USING DIGITAL HEALTH COACH

## What is Digital Health Coach?

Digital Health Coach gives you the benefit of personalized, structured virtual health coaching – but from the comfort of your own home, whenever you want.

## What can Digital Health Coach do for me?

- › Digital Health Coach answers the question: What do I do next?
- › Once you know your health risks and know that you're ready to make changes to improve your health, Digital Health Coach will create a personalized action plan and support you as you pursue your goals.

## How do I use Digital Health Coach?

- › While logged in to your Health Connected account, click on **DIGITAL HEALTH COACH**.
- › You'll be guided through the process of choosing health goals that matter to you and small good-for-you actions you'd like to try to help you reach your goals.
- › You will also have access to clinically reviewed information that will boost your knowledge, confidence, and skills for managing your own health.



# HEALTH CONNECTED FAQ

## Can my family participate in this program?

**Yes.** You can add your dependents (e.g., spouse, children) by logging into your account. Go to My Profile and select “Add dependents.”

## Can my family see my data?

**No.** You and your family cannot see each other’s data. You and your family members each have separate accounts.

## Does my employer have access to my personal health information?

**No.** Your employer can only view aggregate statistical data on the organization’s health. They will not receive or be able to view employee personal health information.

## Can I share my health data and trends with my health care team?

**Yes.** Your information is yours to share with your physician, dietitian, physiotherapist, or any health professional who is helping you to reach your health goals. Be sure to consult your health care provider before making any significant changes to your eating and exercise routines.

## How is my personal health information protected?

Health Connected follows the highest standards of storing and protecting your personal information. It is yours, unless you choose to share.

There are things you can do to make sure that your information is secure.

- › Always log out when leaving Health Connected to ensure no one can access an open account.
- › Do not print your personal health information on shared printers. Someone could accidentally pick up a print-out or see the information sitting on the printer.
- › Do not share your username and password with anyone.
- › Change your password on a regular basis using the Settings section accessible from the top of each page of Health Connected.
- › Make sure that your software and web browser are up to date and use up-to-date firewall and anti-virus software.

# HEALTH CONNECTED FAQ

## Can I use a Fitbit or another health tracking device?

Yes. You can use popular health tracking devices and health applications (apps) to track your progress. See our list of popular devices and apps below.

## What devices and health tracking apps are popular?

### Popular Health Tracking Devices – Tracks activities and includes an app

Fitbit Charge HR  
Fitbit Flex  
Jawbone Up2  
Misfit

#### WHERE TO BUY:

Walmart, Best Buy, Costco, XTC Fitness, and Canadian Tire

### Popular Health Tracking Smartphone Apps – Tracks activities using your phone accelerometer

#### Great for beginners and advanced users:

Moves App – Android  
Map My Fitness – Android and IOS  
Map My Run  
Map My Hike  
Map My Walk  
Map My Ride

#### Great for advanced users:

Runkeeper  
Strava

#### WHERE TO BUY:

Google Play, Apple Store/iTunes

## How do I find the best device and/or health tracking app for me?

We suggest visiting the [website http://www.cnet.com/reviews/](http://www.cnet.com/reviews/) as they provide reviews on the most popular devices and health apps in the market.

## How do I connect my device or app to Health Connected?

To connect a device or app, the device must already be activated and turned on. If you are using an app, the app must be already downloaded to your device and turned on. Follow the manufacturer's instructions to activate your device or app.

1. Login to your Health Connected account and select Challenges.
2. Open the Challenge Settings (the tab is found on the top bar of your computer screen).
3. Select Connect Device/App to open the menu selection.
4. From the menu, select the device or app you want to connect with your account.
5. You will be asked to confirm permission for data to be pulled from the device/app.
6. Your device/app is now connected. Follow the steps to add another device or app as desired.