

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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