Old Self, meet New Self

We recently met someone who looks a lot like you. This person acts, thinks, dresses and walks like you, but there’s a slight difference. There’s something special that radiates from within. It’s your new self—the healthiest, happiest version of you. Whatever it is you want to be more of or less of, it’s a better you!

Make the connection to a better you with your Online Wellness Toolkit, powered by WebMD Health Services. It’s a full set of health and wellness tools to create a a better you!
Here’s how to unlock the power of your Online Wellness Toolkit

Health Assessment
Filling out your Health Assessment opens the door to your Online Wellness Toolkit.

- **It’s simple.** The user-friendly, online survey takes about 10 minutes to complete.
- **It’s thorough.** When you’re done you’ll get a personalized report and health action plan based on your medical history, diet, exercise and sleep habits.

Take the first step toward becoming your best self. Take the Health Assessment today at empireblue.com.

Your Digital Health Assistant
Now that you have finished your Health Assessment and have your personal health report in hand, you’re ready to set some goals. Your Digital Health Assistant can help.

It’s completely confidential and easy to use. Whether you want to lose weight, quit smoking, manage stress, boost your mood or exercise more, you can tap into the power of your Digital Health Assistant.

It’s always available online to help you meet your goals. The end result? Better choices, better health — and, a better you!

Visit your Online Wellness Toolkit at empireblue.com to get started.

Tools to stay motivated – all in one place
Get help meeting your goals when you use the Online Wellness Toolkit. You can set goals and choose weekly activities that fit your lifestyle, interests and schedule. Check out health topics that are important to you. And track your progress at home, work or play.

Stay motivated and empowered with:

- **Trackers** for diet, exercise, mood, blood pressure and more.
- **Health topics and information** to keep you up-to-date on more than 200 health related subjects.
- **Wellness challenges** that add some fun to staying healthy. They help you stay motivated, track your progress and keep moving toward better health.
- **Interactive tools** like quizzes, videos, challenges and much more.

Keep the tools and information you need in one place and always at hand. Unlock the power of your Online Wellness Toolkit today.

Ready when you are – even when you’re on the go
Now that you’re on your way, you’ll always have tools close at hand. That’s why we’ve put other important information in your Online Wellness Toolkit.

Here are some other ways to stay connected to your healthy best:

- **Personal Health Record:**
  You can keep your Personal Health Record online at empireblue.com. This includes your medical history, insurance information, medications and emergency contacts in one handy place and easy to share when you need to.

- **Sync Up:**
  Track your exercise and healthy habits in one place. You can sync your Fitbit, Jawbone and over 100 other apps and devices with the Online Wellness Toolkit. As you run, walk, sleep and eat, your activities will automatically load to your Personal Health Record.

Register or log in to empireblue.com. Select the Health and Wellness tab to discover the power of your Online Wellness Toolkit!

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