



GET ONLINE AND GET HEALTHY!

The Healthyroads® website offers state-of-the-art tools to help you reach your personal goals—and they're easy and fun to use.

PERSONAL HEALTH ASSESSMENT (PHA) AND SCORECARD

The PHA is a short health and lifestyle survey, and the scorecard it generates helps you identify potential health risks.

THE HEALTHYROADS CONNECTED!® PROGRAM

Choose from many popular wearable fitness devices and apps,* including Apple Watch®, Fitbit®, and Garmin®. Pick the one that works best for you. Register the wearable device or app and grant permission for data to be transferred to Healthyroads for activity tracking. Note: Apple Watch® users will need to download the ASHConnect™ app to get started.

The ASHConnect app can track your workouts at one of our **48,000+** fitness centers nationwide. Download the app in the Google Play™ store for Android™ devices and the Apple® App Store™ for iOS™ devices. Log in with your existing Healthyroads username and password.

You can also choose from **5,600+ fitness centers** contracted to send session data directly to Healthyroads. Use the ASHConnect app on your smartphone to search for and authorize the fitness center that will report your visits on Healthyroads.com.

INCENTIVES

View a summary of your incentives activity and history, if offered as part of your plan.

Simply sign up on **Healthyroads.com** by entering your name and date of birth to confirm you have the benefit and creating your username and password to get started. A few minutes is all it takes to get on your road to better health!

*The Healthyroads program does not cover the costs associated with the purchase of a wearable fitness device or app.

Healthyroads is a well-being program operated by American Specialty Health Management, Inc. (ASH Management). ASH Management may use and/or provide your plan sponsor/employer, or other entities that have contracted with your plan sponsor/employer to administer your plan, with information (such as program activity points) involving your participation in our programs so that your plan sponsor/employer or its contracted entity can administer the applicable incentive program. ASH Management may also use personal information obtained from your participation in our programs to provide you with other Healthyroads services on behalf of your plan sponsor/employer. By participating in this program you acknowledge that ASH Management may use and/or provide this information as stated above.

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CHALLENGES

Take on your coworkers and see your health change for the better. You can also create your own team-based, one-on-one, or individual challenges. Or, just motivate yourself to get healthier by completing Today's Challenge, which is emailed to you around a topic of your choosing daily.

HEALTH INFORMATION

Get helpful health information that includes evidence-based, fully referenced articles on health improvement topics.

ONLINE CLASSES

These self-guided coaching classes allow you to study a variety of health improvement topics.

FUN BLOG CONTENT

Discover health tips and recipes, learn about current issues in an expert's corner, and find other fun facts by visiting **www.healthyroadsblog.com**.

DAILY WELLNESS EMAIL AND TEXT REMINDERS

Register for a daily wellness email or text reminder, offered Monday through Friday, and choose from a variety of topics.