

# WebMD Personal Health Manager

## REGISTER DURING ANNUAL CONFERENCE

The General Board of Pension and Health Benefits has contracted with WebMD, a leading on-line health information provider, to offer you and your family a broad array of easy-to-use health, wellness and health benefit decision-making tools, at no additional cost to you. This is one of the benefits of participating in the Wisconsin Conference Health Insurance Plan.

### **Health and Wellness Tools:**

- **WebMD Accesses HealthFlex Information Easily**  
WebMD Personal Health Manager™ is the new entry point for your HealthFlex benefit plan information and elections.
- **HealthQuotient™: New Health Risk Assessment (HRA) Evaluates Your Health**  
Taking the HRA helps assess your health status and provides recommendations for improved health.
- **Condition Centers Inform You About Health Concerns**  
This feature offers informative news articles, assessments and treatment options for specific health concerns.
- **“Improve My Health” Programs Motivate You to a Healthier Lifestyle**  
These programs help you improve your lifestyle with fitness, nutrition, smoking cessation and pregnancy programs.
- **Health Record Organizes Your Information**  
This tool allows you to store and organize health records for you and your family in one secure and confidential place.

Get connected with WebMD by registering for this service at Annual Conference in the Middleton Room on Monday and Tuesday. A person from the General Board of Pension and Health Benefits will be there to guide you in the registration process. An appointment is not necessary; walk-ins welcome!

From Rev. Jane Daniels, 1-888-240-7328