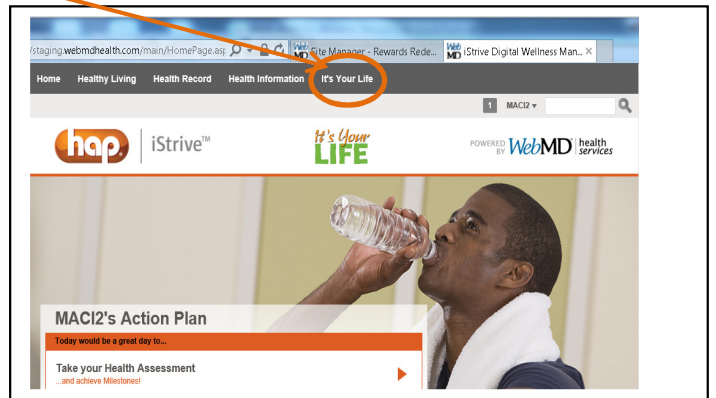
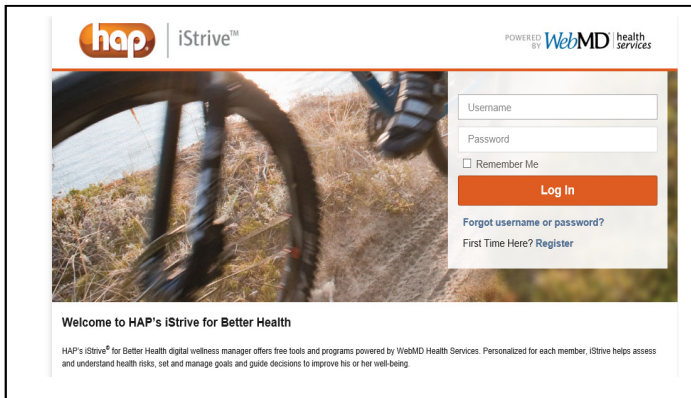


# MACI It's Your Life Health Education Opportunities

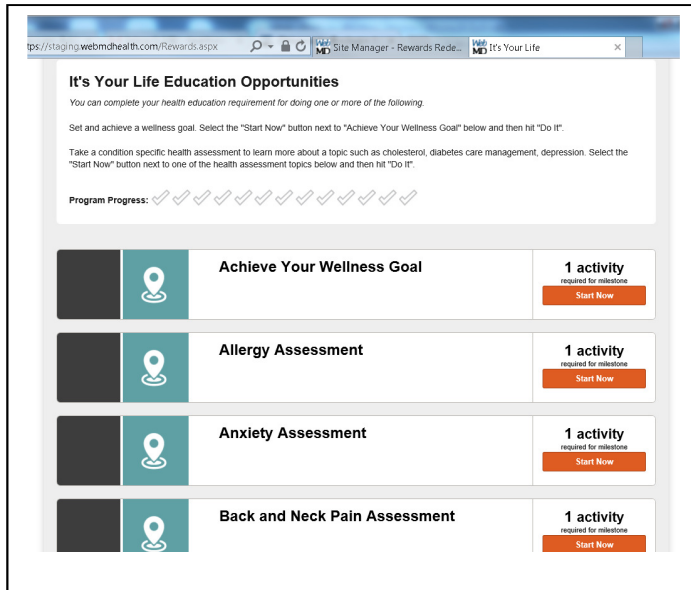
You can complete your health education requirement by doing one or more of the following by the deadline of June 30, 2019.

- It's Your Life onsite class
- Education directed by your health coach
- It's Your Life 6-week Healthy Habits Tracking form
- WebMD HAPiStrive Wellness Portal activity: See below for instructions and options

Go to the Wellness Portal at <https://www.webmdhealth.com/HAP/> and log in with your username and password that you created. If you forgot either your username or password, please follow the instructions for assistance. Once you are logged in, Click on the "It's Your Life" tab at the top of the page.



Scroll down until you see "It's Your Life Education Opportunities"



## Your options are:

**Set and achieve a wellness goal.** Select the "Start Now" button next to "Achieve Your Wellness Goal" below and then hit "Do It". You can choose from the following goals:

- Enjoy Exercise
- Conquer Stress
- Feel Happier
- Eat Better
- Lose Weight
- Quit Tobacco

**Take a condition specific health assessment** to learn more about a topic such as cholesterol, diabetes care management, depression. Select the "Start Now" button next to one of the health assessment topics below and then hit "Do It".

- Allergy Assessment
- Anxiety Assessment
- Back and Neck Pain Assessment
- Cardiovascular Health Assessment
- Cholesterol Assessment
- Depression Assessment
- Diabetes Care Plan Assessment
- Headache Assessment
- Heartburn Assessment
- Sleep Health Assessment
- Stress Assessment
- Weight Assessment



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