



# Welcome to your Wellness Portal



Quickly access all health and wellness programs and tools through your Wellness Portal!

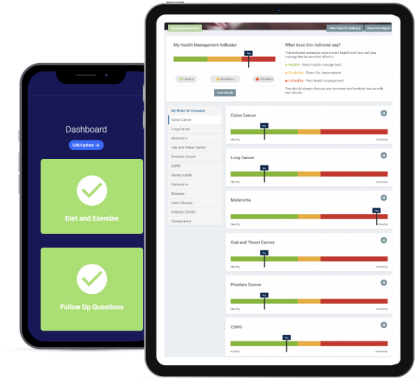
## How It Works


Participation and engagement are made simple and easy with your Wellness Portal! Use this space as a single place to review all your health documents, wellness plans and benefits program.


You can easily complete a Health Risk Assessment to identify and understand your risk for up to 16 diseases and conditions, as well as review personalized action items to improve your health and wellness.


You'll also find on your dashboard multiple tools and experiences, including fitness tracking, challenges, incentives and rewards, health coaching, social circles, and much more!

Contact us by telephone: 1-800-592-8097 or email: [coach@hinesassoc.com](mailto:coach@hinesassoc.com)  
[www.hinesassoc.com/our-solutions/preventative](http://www.hinesassoc.com/our-solutions/preventative)



 Personalize Your Profile With Nicknames, Social Avatars And More

 Participate In Wellness Challenges Or Pal-Pal Challenges

 Mobile App: Access Your Portal At Your Fingertips

 Experience Comprehensive Health Risk Assessment And Biometric Data Analysis

 Fitness Tracker With 100+ Integrated Devices

 Explore A Robust Health Content Library

 Communicate And Engage With Other Members Via Social Circles

