



Health Connected

Take charge of your health

Whether you're thinking about making changes to improve your health, or you're active and healthy and want to stay that way, Health Connected is designed for you.

The site makes it easy for you to learn more about your health and develop health skills on your terms. It's divided into three missions: health assessments, challenges, and digital health coach. You can also:

- Learn about health topics, including medications and diseases, with information you can trust
- Connect with popular apps and wearable devices to track your activities and progress
- Organize your personal health and medical history in one place

It's a one-stop spot where you can find what you need to take charge of your health.

Missions

The missions are a roadmap to improved health, where you can increase health skills and lower health risks. As you complete missions, you can earn badges, medals, and points – turning actions into new habits.

Mission 1: Health assessments

Assessments give you a picture of your health risks and skills, so you know what to focus on.

Health risk assessment – This evaluates your risk level across 15 health and wellness categories. This tool helps you know your personal health risks and build action plans based on your needs.

Health skills assessment – Health skills are seven key skills that very healthy people have mastered. This assessment shows how you stand regarding these skills.

Mission 2: Challenges

Challenges help you practice your health skills in a fun, competitive way. Game elements like points and badges help motivate you to try new things to benefit your health.

Team challenges – Your organization may run a team challenge where you'll compete in workplace teams to earn points and badges, track progress, and forge long-term healthy habits. Interact with your co-workers in the site to keep things lively.

Solo challenges – You can compete against yourself and still earn points and badges.

Virtual adventures – Workouts go global with virtual tours of the world's great cities. Vary your workout routine and learn about famous landmarks along the way.

Mission 3: Digital health coach

Once you know your health risks and skills, you're ready to take control with the digital health coach. It helps you build a 28-day plan to stay motivated and see results. You can set reminders and log progress to build lifelong healthy habits. Topics include:

- Diabetes
- Depression
- Nutrition
- Stress
- Fitness
- Heart health
- Sleep

Other tools

Health A-Z library – Explore reliable disease, drug, and natural health products information. The library also has a wealth of health articles and resources to help you find support groups locally or online.

Personal health tracking – Track manually or connect to supported apps and devices to track and sync daily activities related to sleep, fitness, and nutrition.

Personal health record – A place to organize your personal health and medical history, including appointments, lab results, and vaccination records, all in one place.

Health Connected is your one-stop destination to take charge of your health and well-being. Get started today!

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Articles are reviewed by medical practitioners and offer comprehensive health information and tools. Your information is protected and as always, kept confidential. Your personal responses are not made available to Canada Life or your plan sponsor. Once a minimum number of assessments are completed, anonymized and aggregated responses may be used at a group level for reporting purposes, to help us and your plan sponsor better understand the health of your organization or to implement health and wellness programs.

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