

Healthy lifestyle meets busy lifestyle.

Online Personal Wellness, available through Aflac, keeps you on track.

With our Online Personal Wellness Platform, you have the support you need to meet your goals and manage your overall health challenges. From messaging with an online wellness coach, to gym discounts, digital tools, workshops and more, it's easier than ever to prioritize your health — and stay on track.



Personal Wellness makes it easy to focus on your health.



USE ANY COMBINATION OF TOOLS, ANY TIME:



PERSONAL HEALTH PROFILE



ONLINE PERSONAL GUIDANCE



WELLNESS RESOURCE WEBSITE



COMPATIBLE WITH WELLNESS APPS



DISCOUNTED FITNESS MEMBERSHIPS



Value Added Services

Online Personal Wellness services include:



PERSONAL HEALTH PROFILE helps you identify your health risks and weak spots through a confidential, online questionnaire



ONLINE PERSONAL GUIDANCE through a secure web messaging system



RESOURCE WEBSITE with access to wellness workshops, tools and programs, accessible through all devices



COMPATIBLE WITH WELLNESS AND FITNESS APPS so you can manage and track your goals in one convenient place



DISCOUNTED MEMBERSHIPS to thousands of fitness centers nationwide

HealthAdvocateSM

**Put the Online Personal Wellness program
to work for your health.**

When your coverage begins,
call: **855-423-8585** | visit: **healthadvocate.com/Aflac**

Available through Aflac, powered by HealthAdvocate.

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