

It’s Your

**JOURNEY**

So, let’s make it a great one. No matter where you are in your health journey, Mobile Health can assist you along the way with tools and resources to help you live your healthiest, happiest life.

**HR, BENEFITS, & COMMUNICATIONS**

**HR RESOURCES & COMMUNICATIONS**

**1**

Personal CommunicationsHR/Benefit/Payroll Resources401(k), EAP, VoluntaryCompany Intranet

SINGLE INTEGRATED RESOURCE

**HEALTH & WELL-BEING**

**2**

Medical ID Cards, Plan SummariesHealth & Well-Being CoachingMedical Deductible & HSA BalanceCost & Quality/ Find a Doctor

**REWARDS & INCENTIVES**

**3**

Challenges/Activity TrackersPoints, Raffles, Company StoreAmazon eGift Cards

*Download Mobile Health Consumer*

www.**mobilehealthconsumer**.com