



Find Balance and Live Healthier

Whether you want to lose weight, get fit, or improve your health, Healthyroads® provides the online tools and resources you'll need to reach your health and wellness goals, including:

- A personal health assessment and personalized health plan
- Customized exercise plans
- Customized meal plans
- Health trackers
- Personal health calendar
- Self-guided online coaching modules
- Articles on fitness and other health improvement topics



To begin using all the features of the Healthyroads Web site, visit us online at westernhealth.com.



Planning Your Health Improvement Strategy is Easy with **Healthroads**



The Personal Health Assessment helps you evaluate your current health status and gives you a point to start your planning. Once you complete the assessment, you'll immediately receive a written report, health score, and suggestions for a personal health plan.



The Exercise Planner, with millions of exercise variations to choose from, lets you create an individualized fitness plan online based on your goals, preferences, available equipment, and more.



The Meal Planner can help you create individualized, easy-to-follow meal plans based on your goals, such as weight loss, weight gain, or moving to a vegetarian diet. You can also track nutrients and calculate caloric intake.



Health Trackers make it easy to monitor your progress in weight management, blood pressure, heart rate, body fat percentage, endurance, and more.



Self-Guided Coaching Modules provide information on achieving specific health goals. Choose from a variety of topics, including:

- How to Get Fit in 10 Minutes a Day
- Medication/Prescription Drug Safety
- Shopping for Healthier Foods
- Why Quit Tobacco



The Library includes articles about fitness, nutrition, stress management, and other personal health improvement topics.



Healthroads is brought to you by Healthroads, Inc., a subsidiary of American Specialty Health Incorporated, a leading personal health improvement organization. Healthroads offers a wide range of health improvement solutions—including award-winning coaching programs, incentives, and Internet solutions—to help members renew their commitment to good health. Healthroads is a federally registered trademark of American Specialty Health Incorporated. Healthroads provides wellness programs; it is not insurance.