



# GET ONLINE AND GET HEALTHY!

The Healthyroads® website offers state-of-the-art tools to help you reach your personal goals—and they're easy and fun to use.

## PERSONAL HEALTH ASSESSMENT (PHA) AND SCORECARD

The PHA is a short health and lifestyle survey, and the scorecard it generates helps you identify potential health risks.

## THE HEALTHYROADS CONNECTED!® PROGRAM

Choose from many popular wearable fitness devices and apps,\* including Apple Watch®, Fitbit®, and Garmin®. Pick the one that works best for you. Register the wearable device or app and grant permission for data to be transferred to Healthyroads for activity tracking. Note: Apple Watch® users will need to download the ASHConnect™ app to get started.

The ASHConnect app can track your workouts at one of our **55,000+** fitness centers nationwide. Download the app in the Google Play™ store for Android™ devices and the Apple® App Store™ for iOS™ devices. Log in with your existing Healthyroads username and password.

You can also choose from **5,600+ fitness centers** contracted to send session data directly to Healthyroads. Use the ASHConnect app on your smartphone to search for and authorize the fitness center that will report your visits on Healthyroads.com.

## CHALLENGES

Take on your coworkers and see your health change for the better. You can also create your own team-based, one-on-one, or individual challenges. Or, just motivate yourself to get healthier by completing Today's Challenge, which is emailed to you around a topic of your choosing daily.

## HEALTH INFORMATION

Get helpful health information that includes evidence-based, fully referenced articles on health improvement topics.

## ONLINE CLASSES

These self-guided coaching classes allow you to study a variety of health improvement topics.

## FUN BLOG CONTENT

Discover health tips and recipes, learn about current issues in an expert's corner, and find other fun facts by visiting [www.healthyroadsblog.com](http://www.healthyroadsblog.com).

## DAILY WELLNESS EMAIL AND TEXT REMINDERS

Register for a daily wellness email or text reminder, offered Monday through Friday, and choose from a variety of topics.

Simply sign up on [mywha.org/Healthyroads](http://mywha.org/Healthyroads) by entering your name and date of birth to confirm you have the benefit and creating your username and password to get started. A few minutes is all it takes to get on your road to better health!

\*The Healthyroads program does not cover the costs associated with the purchase of a wearable fitness device or app.

Healthyroads is a well-being program operated by American Specialty Health Management, Inc. (ASH Management). ASH Management may use and/or provide your plan sponsor/employer, or other entities that have contracted with your plan sponsor/employer to administer your plan, with information (such as program activity points) involving your participation in our programs so that your plan sponsor/employer or its contracted entity can administer the applicable programs. ASH Management may also use personal information obtained from your participation in our programs to provide you with other Healthyroads services on behalf of your plan sponsor/employer. By participating in this program you acknowledge that ASH Management may use and/or provide this information as stated above.

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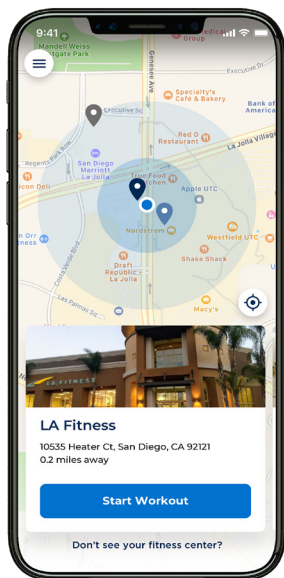
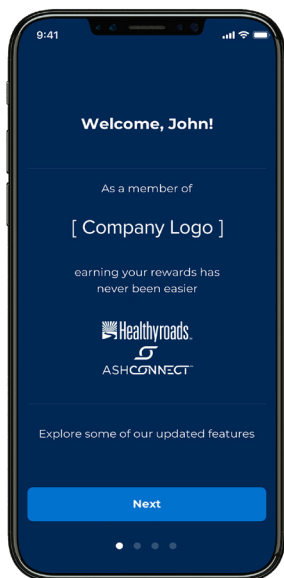
## Tracking Your Fitness Center Check-Ins Is Easy with the ASHConnect™ App.

You can quickly and easily locate fitness centers and track your physical activity at 55,000+ fitness centers nationwide using ASHConnect. The App is available at no cost in the Apple® App Store for iOS™ devices or from the Google Play™ store for Android™ phones.

Can't find your fitness center? Simply fill out the Suggest a Facility form to let us know. Go to My Account / Fitness Facilities on the Healthyroads website and follow the prompts.

### HERE'S HOW THE APP WORKS:

1. Use your name and date of birth to register on the app or log in using your existing Healthyroads® username and password. To find a participating fitness center near you, open the app and a list of fitness centers within 0.25 miles will appear. Note: Your GPS must be enabled for the app to work correctly.  
To receive credit for your visit, you must check out within the same GPS coordinates of the fitness center at which you checked in.
2. To track your workout, select your fitness center and tap "Start Workout." A timer will display on the app for reference.
3. Tap "End Workout" once your workout is complete. For a visit to count as a check-in, you must have a minimum of 30 minutes between checking in and checking out\*. One workout is counted per day.
4. To view previously tracked workouts, go to the menu and select "Workout History."



### DOWNLOAD TODAY

The ASHConnect app makes tracking fitness center visits simple. Better health and more choices, all at your fingertips.

**Questions?** Please email [service@healthyroads.com](mailto:service@healthyroads.com) or call **877.330.2746**.

\*Once you have checked in at the fitness center using the ASHConnect app and have been there for 30 minutes (within the range of the gym location), you will automatically receive credit for one CheckIn. If you forget to check out, you will get a notice on the app letting you know if you go out of range of the fitness center. The alert will let you know to either return to the fitness center or confirm your checkout. If you are within range of the gym location and do not checkout within 6 hours, the app will automatically check you out. (You must be checked out before you can check in again and start a new session.)

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