

Let's Earn Some Hearts

As you complete activities in myHealthCenter, you'll earn hearts. Think of hearts as a type of "score" used to help you track your progress towards achieving your health goals.



Challenges

- Start or join an Adventure challenge.
- Reach milestone or finish the challenge.
- Answer trivia questions
- Post a chat message to a group challenge.



Your Health Goals

- Choose a goal—like eating more veggies and finish activities.



Your Health Education

- Visit a category and finish activities. Like watching a video about stress.

Ready to get started? Log onto myEVHC.com and click on myHealthCenter to start earning.

Services are provided by ActiveHealth Management, Inc. ActiveHealth programs, care team and care managers do not provide diagnostic or direct treatment services. ActiveHealth assists you in getting the care you need. This program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

