



# Discover a healthier you at myHealthCenter

## Visit myHealthCenter to:

- Take a health assessment and get a whole picture of your health
- Set health goals based on what you want to achieve
- Use imaginative adventure challenges to inspire you to achieve your health goals
- Get digital coaching for fun, new ways to improve your health
- Access your health information, like prescriptions and health numbers
- Connect your fitness devices and track your progress
- Get email reminders for doctor visits



## You've Got Support

You're not alone on your health journey. Join online groups, share tips and earn exciting rewards for reaching your goals. And if you need it, support is just a click or phone call away.



Watch this [short video](#) to learn more about myHealthCenter

**Ready to get started? Call 855-210-8740 or log on to [myEVHC.com](#) and click the myHealthCenter tab.**

Services are provided by ActiveHealth Management, Inc. ActiveHealth programs, care team and care managers do not diagnose or treat members. We assist you in getting the care you need, and our program is not a substitute for the medical treatment and/or instructions provided by your health care providers.

