

Healthy Lifestyle Rewards

Your one-stop resource for healthy habits

blueshieldca.com/hlr

Living well can help you feel great. Healthy Lifestyle Rewards is a free, online program that gives you the information, motivation, and support you need to take charge of your health. Whether you want to lose weight, manage stress, quit smoking, or get fit, Healthy Lifestyle Rewards can help take you there.

Personalized assessments and advice

Start with a confidential Wellness Assessment to learn how your lifestyle is helping or hurting your health. Then receive recommendations for programs, articles, and progress trackers designed to help you achieve your unique health and wellness goals.

Interactive planning and education

You can use Healthy Lifestyle Rewards tools and programs to:

- Create a meal plan and shopping list for the week.
- Measure your mileage by tracking each step.
- Customize an exercise plan to your needs and goals.
- Improve your eating habits with simple food substitutions.
- Make simple lifestyle changes that could prevent cancer, diabetes and heart disease.
- Measure your progress each step of the way.
- And much more!

Convenient, online access

Healthy Lifestyle Rewards is available online any time to put you on the course to better health. We'll even send you weekly e-mail reminders to help you stay on track. Log in today to Healthy Lifestyle Rewards and log out feeling great!

