



# GET HEALTHY. GET REWARDED. IT'S THAT SIMPLE.

## THE CHANGE4LIFE® HEALTH PORTAL

GSC's Change4Life health portal is your all-in-one, online path to achieving better health and winning great rewards (but more on those later). Available through GSC *everywhere* (within the "GSC Offerings" menu above the dashboard on the desktop, and under "More" and then "GSC Offerings" on the mobile app) the health portal is a comprehensive resource that supports healthy life choices by providing you with personalized tips, easy-to-use online tools, and important information – all at your fingertips. You'll get insights into your current health and learn how you can successfully improve it using a "small steps" approach. And, for those with a diagnosed medical condition (like high cholesterol, hypertension, or diabetes, for example), the health portal's tools and information can make it easier for you to manage your condition.

## HERE'S JUST SOME OF THE THINGS YOU CAN DO ON CHANGE4LIFE:

### Complete an online Health Risk Assessment (HRA)

Completing your HRA questionnaire allows the Change4Life portal to be customized.



Your responses to the HRA provide the foundation for what you'll get next – a personalized health report card with an overall health score, as well as a recommended action plan filled with targeted tips, tools, and resources that help you take a small steps approach to adopting healthier habits and living a healthier lifestyle.

### **Check out GSC's Mindfulness Program**

This six-session series focuses on mental wellness as part of overall health, and is a valuable tool in approaching stress, low mood, and/or anxiety differently.

### **Sign up to receive Stick2It® medication reminder emails**

GSC's Stick2It medication reminder service helps you to remember to take your medications as prescribed. You can set up Stick2It reminders to receive regularly scheduled emails reminding you to take your medications and/or refill a prescription.

### **Sign up to receive health-reminder emails**

Similar to Stick2It, you can stay on track with your health-related activities by scheduling health-reminder emails for a wide variety of health activities, such as tracking daily steps, physical activity, diet, and blood pressure.

### **Get to know the Spotlight page**

The Spotlight page features great resources such as a recipe library, health-related news, 30-day health challenges, and more!

### **Educate yourself on a variety of health topics**

The health portal's education modules help you get the information you need. Learn about topics such as diabetes, stress, migraines, and more by reading articles or completing Learn & Earn modules.

### **Set a S.M.A.R.T. Goal**

The S.M.A.R.T. Goal tool allows you to develop a personal health plan and track progress as you work towards achieving it. Using the S (specific) M (measurable) A (achievable) R (realistic) T (timely) methodology can encourage you to make a personal pledge towards better health.

### **Sync your wearable tracker (e.g. Fitbit, Garmin, etc.) with Change4Life**

Track your steps automatically by syncing a compatible wearable with Change4Life.

And, as you complete these actions, you'll earn points that can be used to participate in the Change4Life Rewards Program.

## CHANGE4LIFE REWARDS PROGRAM

### Here's how it works:

1. You select the reward you want.
2. You use the points you've earned (from using the tools and resources on the Change4Life portal to get healthier) to buy "ballots" for the chance to win that reward.
3. You wait... and hopefully... you win!

We hold monthly draws for great rewards including gift cards for popular retailers of home goods, sports apparel, electronics, and more. In addition to these ongoing monthly draws, monthly and quarterly bonus draws and challenges are also available throughout the year. There is always something new – so keep coming back! And keep in mind that for the bonus draws, the more you use the portal, the more chances you have to win great rewards!

While we know everyone loves points and rewards, you should also feel some warm fuzzies for taking important steps towards a healthier life. It's a win/win... literally.

Change4Life is available to all GSC plan members who are registered for *GSC everywhere* (within the "GSC Offerings" menu above the dashboard on the desktop, and under "More" and then "GSC Offerings" on the mobile app).

**1-800-268-6613**

**greenshield.ca**