

Whether you want to lose weight, get fit, or improve your game, Healthyroads.com provides the online tools and resources you'll need to help you improve your health and transform your life, including:

- A personal health assessment and personalized health plan
- Customized exercise and meal plans
- Health trackers
- Personal health calendar
- Self-guided online coaching modules
- A library with articles on health improvement topics



Go to [westernhealth.com](http://westernhealth.com), click Healthyroads and register to start using all the site's features or call (877) 330.2746.

# Planning Your Health Improvement Strategy is Easy with Healthyroads



**The Personal Health Assessment** helps you evaluate your current health status and gives you a point to start your planning. Once you complete the assessment, you'll immediately receive a written report, health score, and suggestions for a personal health plan.



**The Exercise Planner** lets you create an individualized fitness plan online based on your goals, preferences, available equipment, and more.



**The Meal Planner** can help you create individualized, easy-to-follow meal plans based on your goals, such as weight loss, weight gain, or moving to a vegetarian diet. You can also track nutrients and calculate caloric intake.



**Health Trackers** make it easy to monitor your progress in weight management, blood pressure, heart rate, body fat percentage, endurance, and more.



**Self-Guided Coaching Modules** provide information on achieving specific health goals. Choose from a variety of topics, including:

- How to Get Fit in 10 Minutes a Day
- Medication/Prescription Drug Safety
- Shopping for Healthier Foods
- Why Quit Tobacco



**The Library** includes articles about fitness, nutrition, stress management, and other personal health improvement topics.



Western Health Advantage

Healthyroads, Inc., is a subsidiary of American Specialty Health Incorporated (ASH), a national health services organization. Healthyroads offers a wide range of health improvement solutions—including award-winning coaching programs, incentives, and Internet solutions—to help members renew their commitment to good health.