



**L!VE**well

PROGRAM GUIDE

**All of your health and wellness  
resources in one place.**



## Getting started

The 2024 LIVEwell Program is here! Physicians Health Plan members now have access to an exclusive new platform to track and participate in wellness activities.

Enhance your well-being year-round by engaging in activities that align with your unique health goals. Participation in the program is entirely optional.



Take a health assessment to gain insights into your health risks.



Receive personalized lesson plans to guide you toward healthier choices.



Compete in various challenges from weight loss to mindfulness.



Take control of your health by completing recommended health screenings and actions.



# Navigate to your portal

The dynamic and secure portal highlights key information and next steps based on your health risks, goals, and progress throughout the program. You can easily access the portal on any device, at any time on any browser.

Begin your wellness journey today by visiting [myphp.healthtrioconnect.com](http://myphp.healthtrioconnect.com). After you login to your member portal, click on the link to the LIVEwell Program. You will be redirected to a personalized dashboard with all of your program information.

## In the LIVEwell dashboard:

The screenshot shows the LIVEwell dashboard interface on a laptop. The dashboard is organized into several sections:

- Assessments:** A section titled "Assessments" with a "Start" button and the text "Complete your assessment by Dec 31, 2024."
- Challenges:** A section titled "Challenges" featuring a "Big Island Trek" challenge that starts on Feb 1, with a "View" button.
- Action Plans:** A section titled "Action Plans" with a "Complete" button and the text "Complete your next step now."
- Resources:** A section titled "Resources" with a "View" button and the text "LIVEwell Frequently Asked Questions".
- Health Library:** A section titled "Health Library" with a "View" button and the text "The library offers easy-to-understand explanations of medical conditions, symptoms, tests, and treatments."
- Physical Activity Resources:** A section titled "Physical Activity Resources" with a "View" button and the text "Below are some helpful links and information to assist you in increasing your daily physical activity."

Four callout boxes with teal lines pointing to specific elements on the dashboard:

- Learn about the program:** Points to the "Cheers TO THE NEW YEAR" graphic.
- Access health information, videos, and articles:** Points to the "EGG MUFFIN FRITTATAS" video thumbnail.
- Participate in wellness challenges:** Points to the "Big Island Trek" challenge card.
- Complete personalized Action Plans:** Points to the "Back Care" action plan card.

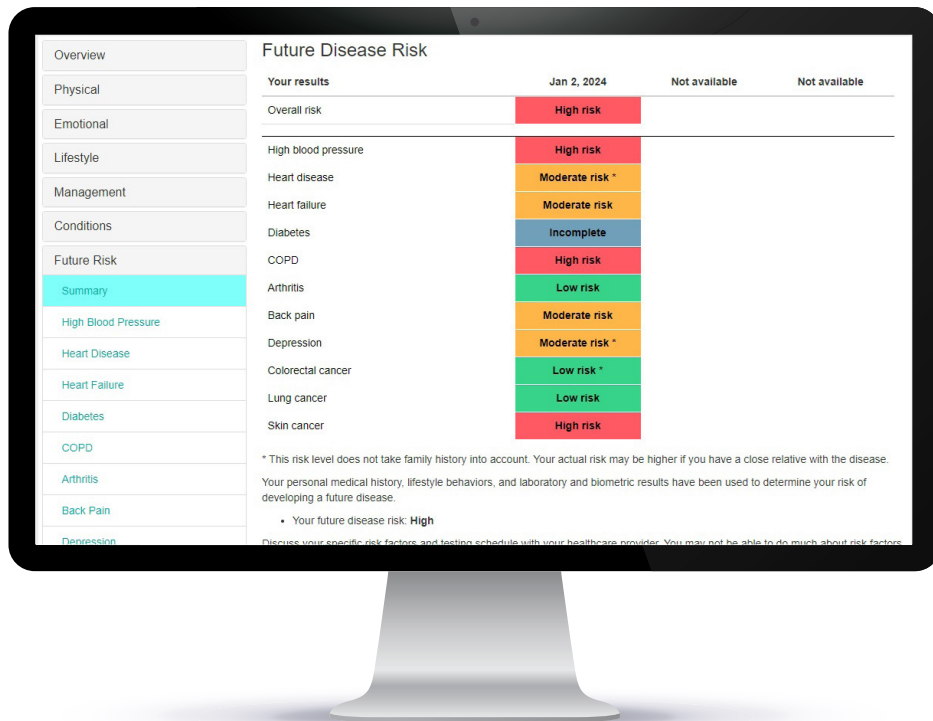


# Complete your assessment

Take the first step toward improving your health and preventing disease by completing a free online health assessment!

Under Assessments, hit the **start** button and work your way through the questions. By answering a series of simple questions, you'll get a snapshot of your current health and lifestyle habits. It takes just 10 to 15 minutes, and your answers save as you move through the questions, so you can work at your own pace.

Once you're happy with your responses, hit **submit**. Your responses generate a report and wellness score. Based on a scale of 1 to 100, your score shows if you're on a path to becoming the healthiest you can be. Your personalized report contains a color-coded chart along with tips on how to improve your score and reduce your risk for disease.



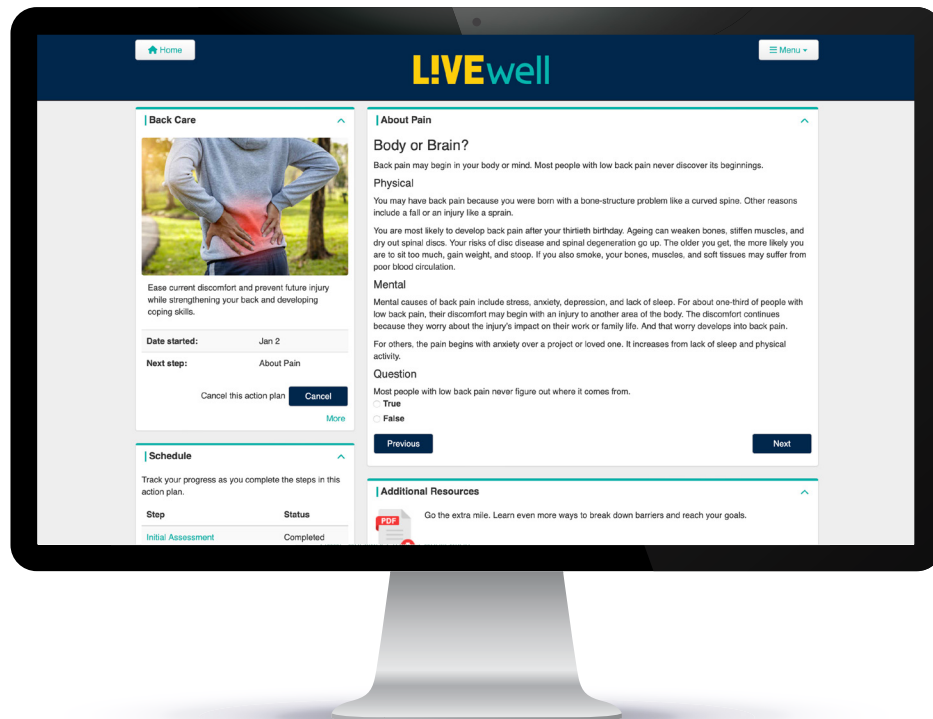


# Enroll in an Action Plan

Action plans are self-guided learning modules with 13 healthy lifestyle and chronic condition topics to choose from. Whether your goal is to quit smoking, manage your financial well-being, or decrease stress, choose the plan that is right for you.

## Enroll any time and unlock a new lesson each week to help you:

- ✔ Set realistic goals that can fit into your lifestyle
- ✔ Learn how to overcome barriers to reaching your goals
- ✔ Track your progress as you build healthy habits
- ✔ Connect with people, organizations, and information that can provide additional support

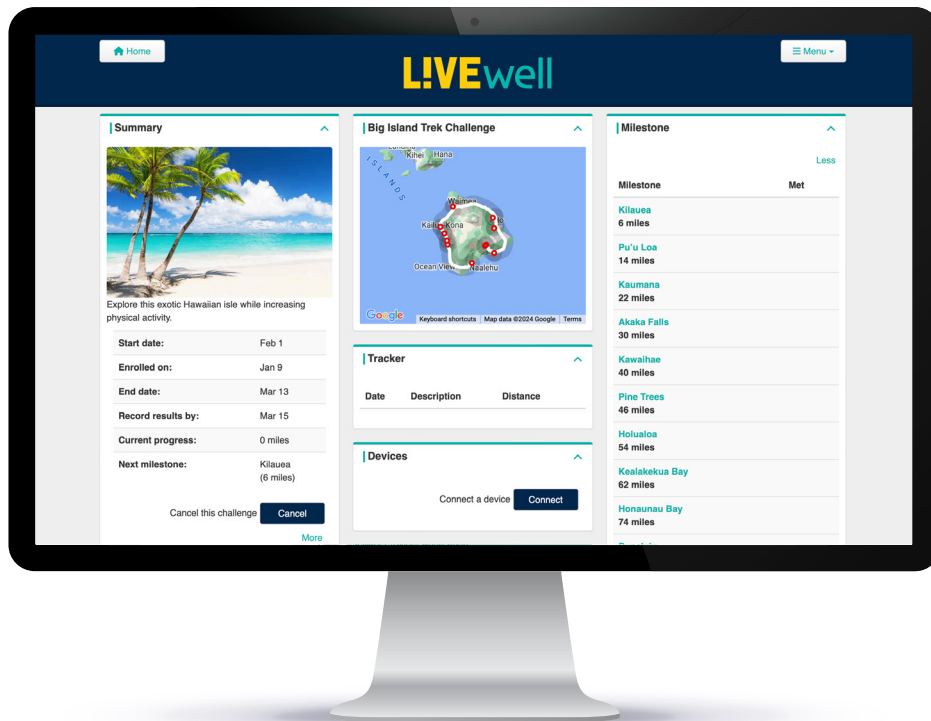




## Sign up for a challenge

Engage in some healthy competition with yourself or your peers. LIVEwell offers a variety of challenges throughout the year, from healthy eating and mindfulness to physical activity. Track your progress to reach each milestone and receive fun facts and tips along the way.

You can connect popular fitness devices and apps like Fitbit, Garmin, Apple Healthkit, and Google Fit in activity challenges to automatically log your steps. Find detailed instructions on device connection within the Physical Activity Resources.





# Accessing the Health Library

Through LIVEwell, you'll have access to an expansive library of evidence-based health information built for making smarter health decisions and taking action.

## You can explore:

- ✔ **Health Topics:** An A-to-Z searchable list of health information, medications, medical tests, and treatments.
- ✔ **Video library:** Access over 800 videos on a variety of topics to help improve your health understanding.
- ✔ **Symptom Checker:** Symptom topics and interactive tools for making quick treatment decisions
- ✔ **Health Decisions Tools:** Guidance to help you make smart and informed medical decisions.





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