

Get rewarded for being healthy!

The Healthy Health Plan from Fallon Health



How does it work?

The Healthy Health Plan rewards members for being and becoming healthy. You simply go to fallonhealth.org/healthyhealthplan, fill out the health assessment, and then you'll be eligible to receive up to \$200. As the plan subscriber, you'll get \$50 just for taking the health assessment. From there, you will have the opportunity to earn the additional \$150.

And covered spouses can participate in the program and will also be eligible to receive up to \$200!

If you're already in great health based on your assessment, terrific! If you could use a little help to get healthier, you can choose to participate in a customized action health plan that may include health coaching, wellness workshops, interactive tools and more.

What are some of the key features?

The Healthy Health Plan provides you with access to:

- **Interactive tools and calculators**—includes meal plans, exercise tutorials, cardio/strength training logs and food logs.
- **Health coaching**—provides members with online and telephonic access to nurses and other healthcare professionals.
- **Workshops**—offers members a variety of topics on lifestyle changes and health conditions.

How to log in

1. Go to fallonhealth.org/healthyhealthplan.
2. Click "Log in now."
3. From there, you can register a new account. You will need your Fallon ID number.

Log in and get your reward!



Fallon Health complies with all applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.

Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Fallon Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 1-800-868-5200.

Se você, ou alguém a quem você está ajudando, tem perguntas sobre o Fallon Health, você tem o direito de obter ajuda e informação em seu idioma e sem custos. Para falar com um intérprete, ligue para 1-800-868-5200.

Program eligibility and benefits may vary by employer, plan and product.

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