

Fall into a Healthy Routine this September



Challenge Dates:
September 1–30, 2019

Kick off fall with your Health Risk Assessment

During the month of September, Health New England members* can “Fall into a Healthy Routine.” If you haven’t yet done so this year, take the first step towards the healthiest version of yourself by completing your health risk assessment (HRA).

The HRA can be found on the Health New England Healthy Directions portal, powered by WebMD Health Services. By completing your HRA, you get a personalized health report where you can identify changes to make in your daily routine to improve your overall health. And, if it’s your first HRA this year, you will be entered for a chance to win a \$500 Big Y gift card and Fitbit.

**Applicable to fully funded and MA Health Connector members, and most self-funded employer group members.*

Go to webmdhealth.com/hne under the Healthy Living Tab to complete your Health Risk Assessment and start a new daily routine to improve your health.

You Could Win These Prizes!

\$500 Big Y
Gift Card

Fitbit



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