

Health New England partners with WebMD Health Services to bring you your own **Healthy Directions Web Portal, powered by WebMD ONE**. The portal is your one-stop shop for health and wellness information, tools, resources and rewards programs.

To access your Healthy Directions Web Portal, powered by WebMD ONE:

1. Register and login at webmdhealth.com/hne.
2. Once registered, you can also access the WebMD portal through the Health New England Member Portal at my.healthnewengland.org. Click the Health Programs link in the Coverage section, then click the Get Started button.

Please note, when you're going from the Member Portal to the WebMD Portal, the WebMD website may appear as a pop up.

Next steps:

- Complete your Health Assessment.
- Get familiar with the Healthy Directions portal.
- Improve your health by using tools like Daily Habits, wellness videos and customized health resources.

Completion of the Health Assessment is *not* mandatory. Your coverage will not be affected if you do not take the assessment.

What's Inside?

- A comprehensive health assessment with detailed health risk report and recommendations for improvement
- Self-management tools to help you maintain or improve in areas like:
 - Exercise
 - Nutrition
 - Tobacco cessation
 - Stress management
 - Emotional health
 - Weight management
 - Back health
- Health trackers to help you follow your medical, health and wellness goals
- Mental health podcasts
- A symptom checker
- Health and medical information
- Healthy recipes
- Self-help videos
- A personal health record
- Mobile integration with smartphones
- Eligible rewards programs (if applicable)
- And so much more!

Questions? Contact your Healthy Directions Team: healthydirections@hne.com | (413) 233-3391

