

Get the support you need to reach your weight goals

Start with a plan built just for you



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Join the Weight Management Program: Positively Me

Managing your weight can be challenging, which is why EMI Health and WebMD Health Services offer tools and support to help. **This program is voluntary, confidential, and free.** Our mission is to help members **build healthy habits through coaching and make lasting progress toward their weight goals.**

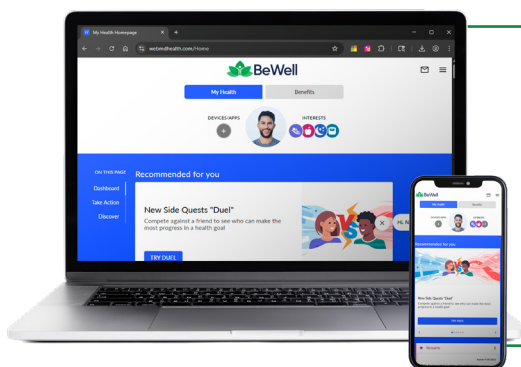
Get started today!

1. Go to the BeWell portal by scanning the QR code below
2. Login with your My EMI Health account credentials

Don't have an account? Register your My EMI Health account by going to emihealth.com/account.

Learn how to join Positively Me:

- 1. Take the Health Risk Assessment in your BeWell Portal**
Your results will include a wellness score and personalized tips to improve your health.
- 2. Connect with a health coach**
After the assessment, you'll enter your contact info so a coach can reach out.
- 3. A coach will follow-up soon**
If you qualify for the program, your coach will contact you directly to help you get started.



Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!

Want to learn more about your wellness benefit?

→ Please visit info.emihealth.com/bewell.