



PERSONAL  
PRIVATE  
PORTAL

# Personal Health Dashboard™ and Mobile App

Your Personal Health Dashboard™ (PHD) is a secure online personalized web portal which can be accessed at any time from any device. Connect on your computer or download our free app. The PHD offers many resources including:

**Assessments** - Numerous health assessments including a Health Risk Assessment.

**Library** - Large medical, self-help, covid resource and video library.

**Road to Wellness** - Behavior modification modules for nutrition, fitness, stress and tobacco cessation.

**Medical Records** - Electronic medical records including a Personal Health Assessment Report, a health maintenance schedule and medical passport.

**Health Tracker** - Track everything from vitals, nutrition and exercise to hydration, self-care and sleep. Integration of steps through Fitbit, Garmin and Apple watch wearables.

**Health Counts** - Online scheduling, challenges with and without a leaderboard, and campaigns with compliance tracking.



## BENEFITS

**My Benefit Tools** - A collection of savings programs designed to take the financial pressure and stress out of your monthly budget as well as services to improve your life and well-being including:

- **Biometric Screening** – The results of your biometric screening are automatically loaded into your PHD and when combined with our validated analytics, can predict the onset of many diseases such as diabetes, heart disease, hypertension, and other chronic conditions.
- **Wholeistic™ Coaching** - Coaching by a registered nurse, up to 4 sessions per year per member.
- **Telemedicine** – Get unlimited sessions with no co-pay. Access to a licensed prescriptive level practitioner for tele-visits 24/7/365. Available to whole family.
- **DNA Testing** – Discover genetic traits that are related to your health. Available DNA tests include: Nutrition, Fitness, Skin, Personality, Ancestry, and PGx Test (Medicine)
- **Lower your Bills** - We negotiate with your provider to lower your bills (mobile, cable, internet, etc.) and if we save you money, we split the savings with you 50/50.
- **Get paid to Exercise** - Get paid to improve your health and fitness! Earn up to \$10 each day. Beginning July 1, 2022, every time you cash out your \$10, we will donate 5 meals to FEEDING AMERICA.
- **Student Loan Debt Relief** – For a small one-time fee, work with our specialists to reduce your student loans up to 40% with an average savings of over \$340 per month!
- **Cashback Mall** - REAL cash back on your online purchases from more than 1,400 stores with exclusive discounts, plus 100's of daily deals, specials and coupons.
- **Save + Give** – Get cash back for in-store or online purchases and donate a percentage to charity.
- **Travel, Entertainment & Dining Discounts** - Get guaranteed lowest price for hotels & resorts, plus discounts on entertainment and dining, too.
- **Shop Now, Pay Later** - Shop millions of products and pay over a period of time, interest free, with up to \$2,500 in credit.
- **0% Pay Day Loan** - Get up to \$100 a day at 0% interest payday loans. Additionally get instant overdraft protection, cash back at 100's of retailers & restaurants, and a medical bill negotiation service.
- **Relationship Health**- Repair, grow & strengthen a marriage or any committed relationship.
- **Child Health + Development** - The most accurate source for parents to take control of their child's health & wellbeing.
- **Sober Living** - Support programs for opioid, drug & alcohol addiction.
- **PTSD + Trauma Relief** - PTSD testing & recovery tools for people involved in a traumatic event.
- **Social Anxiety Relief** - A fun mobile game that teaches how to reduce stress & anxiety.