



My Health Assistant: Keeping you on track, online.

Your 24/7 resource to help you
keep your eyes on the prize.

Make checking in with *My Health Assistant* part of your regular routine, and you'll have what it takes to start a good health routine and stick with it.

My Health Assistant uses the goals and activities you select to create simple weekly plans that get you from start to success.

During your journey, you'll enjoy an interactive online experience that's motivational, fun, and invigorating.

Focus on one or more of the following areas:

- Nutrition
- Exercise
- Weight loss
- Stress management
- Emotional health
- Tobacco cessation



Let *My Health Assistant* inspire you today at:
optimahealth.com/members

Optima Health MyLife MyPlan Connection powered by WebMD Health Services



My Health Assistant: Your Digital Health Assistant (DHA)

The DHA is an online coach that creatively engages you to improve your overall health and wellness with specific, personal calls to action to help you form healthy habits and achieve your goals.

READY

Accessing the Digital Health Assistant

DHA activities are customized to you, your health plan, and your wellness program. You can access this tool from the Optima Health website:

- Sign in at optimahealth.com/members.
- Select *Wellness Tools* from your MyOptima menu on the left side of the screen to navigate to your personalized WebMD wellness home page.

SET

Setting Goals with the Digital Health Assistant

Option One - Set a DHA goal based on your Personal Health Assessment (PHA) score.

- Complete the PHA questionnaire.
- From your PHA results screen, click the green *Let's Go!* button to navigate to the *My Health Assistant* page and choose your goal(s).

Option Two - Set a DHA goal without taking the Personal Health Assessment.

- From your personalized WebMD wellness home page, select the *Healthy Living* tab at the top of the page.
- Select *My Health Assistant*.
- Choose which goal(s) you would like to work towards by clicking *Set this goal* from the corresponding DHA.

Choose one or more of the following DHA goals: *Eat Better*, *Enjoy Exercise*, *Lose Weight*, *Conquer Stress*, *Feel Happier*, *Quit Tobacco*.

SUCCESS

Reaching Goals with the Digital Health Assistant

Once you have selected your DHA goal(s), you are ready to begin tracking your progress. Record your daily activities following these easy steps:

- Sign in at optimahealth.com/members and select *Wellness Tools* from your MyOptima menu.
- From your personalized WebMD wellness home page, select the *Healthy Living* tab at the top of the page and choose *My Health Assistant*.
- Click on the icon that best represents your daily activities towards each goal.
- Sign in daily or weekly to record your activities. Weeks begin on Sunday and end on Saturday; you may only back-track and record past activities completed since Sunday of the current week.

DHA	How to Record Your Daily Activities
<i>Eat Better</i>	click <i>On Track</i> , <i>A Little Off</i> , or <i>Off Track</i>
<i>Enjoy Exercise</i>	click <i>More than 20 Minutes</i> , <i>20 Minutes</i> , or <i>Less than 20 Minutes</i>
<i>Lose Weight</i>	enter your current weight
<i>Conquer Stress</i>	enter your current stress level on a scale from low to high
<i>Feel Happier</i>	click <i>Happy</i> , <i>Okay</i> , <i>Down</i> , or <i>Sad</i>
<i>Quit Tobacco</i>	enter how many times you use tobacco daily