



## MyActiveHealth

Your online wellness resource

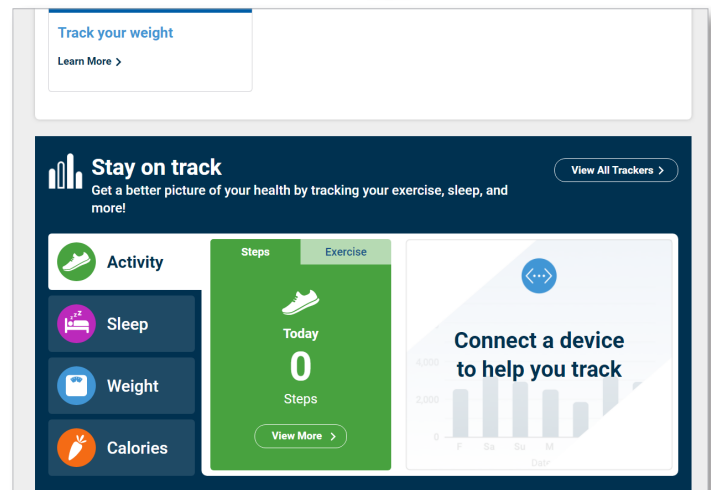
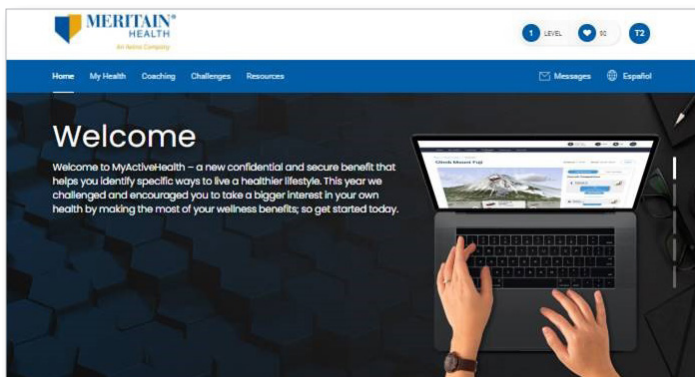
### Register today for a healthier tomorrow

MyActiveHealth is a wellness website designed to help you live a healthy life. With valuable, easy-to-use options, you can set health goals, find wellness information, interact with online health trackers and more!

#### Getting started is easy

Simply register for a MyActiveHealth account by following the steps below:

1. Log in to [www.meritain.com](http://www.meritain.com). (If you have an existing [meritain.com](http://meritain.com) account, just sign in. If you have not yet registered for [meritain.com](http://meritain.com), follow the prompts).
2. Click on the *My Wellness* tile.
3. You'll be taken directly to the MyActiveHealth site.



#### Navigating MyActiveHealth

Your MyActiveHealth homepage features a handy shortcuts toolbar on the top of the page. This toolbar will help you access all the features of your MyActiveHealth wellness portal, including:

- Your online health assessment (under *Records*).
- How to connect your devices and apps.
- Healthy recipes.
- A library of webinars, videos and interactive tools.
- Your health records.

**Questions? Just call Meritain Health<sup>®</sup> at the number located on the back of your ID card.**