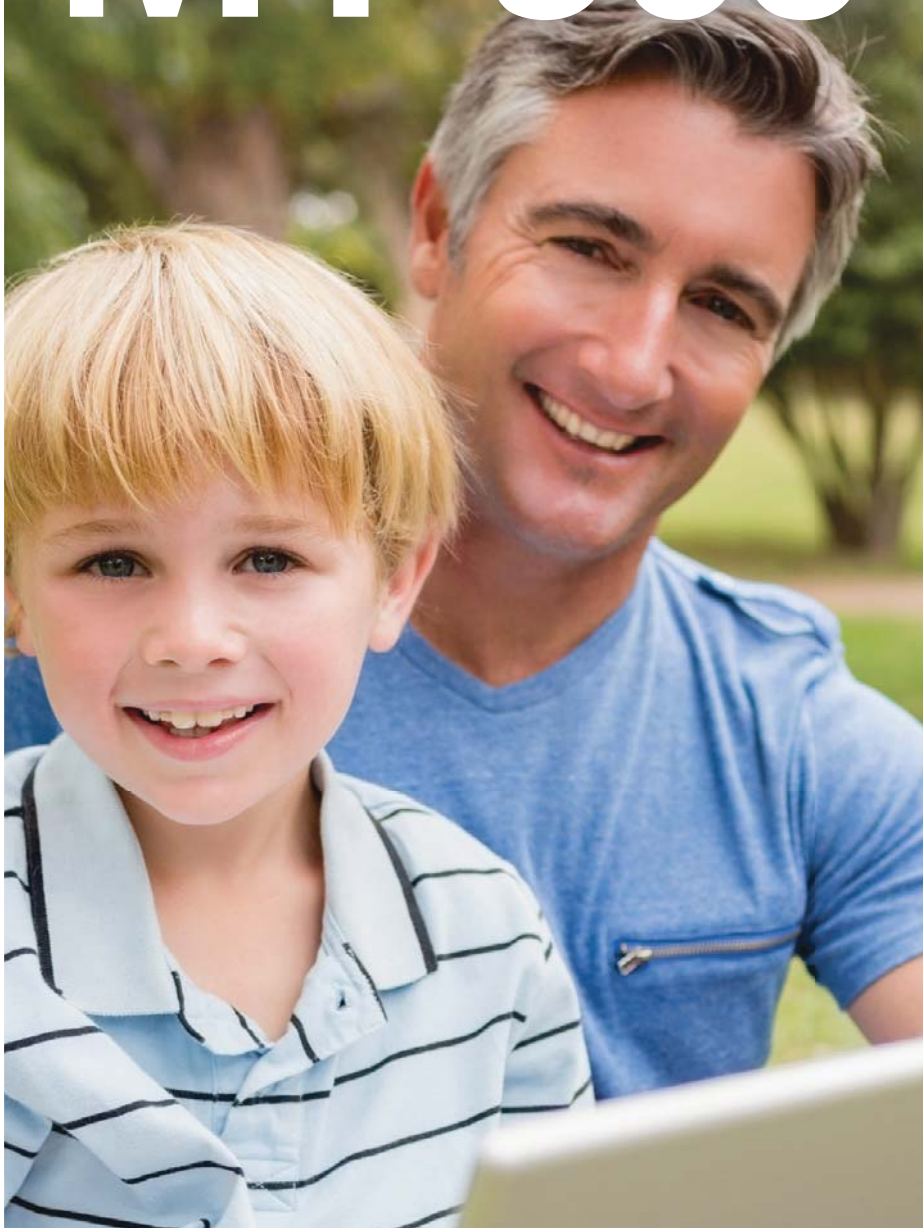


YOUR ONLINE RESOURCE
FOR BETTER HEALTH

MY 365



Avera 

Health Plans

AveraHealthPlans.com

Live better. Live balanced. Avera.

WE LIVE FOR HEALTHY LIFESTYLES.

With My 365, you get the information and tools you need to make changes toward a healthy lifestyle. These online tools were developed by health experts to help you make lasting changes and live a healthier, more productive life.

My 365 includes:

- Health blogs
- Healthy lifestyle tips for personal and family health
- Memory games to keep mentally active
- Monthly seminars
- Personal health record
- Progress trackers
- Recipes for quick, healthy dinners
- Virtual coaching
- Wellness assessment



* Provider Directory and My Pharmacy will not be available to Medicare Supplement policyholders.

WHY MY 365?



Health and wellness information personalized for you



Available to you any day, any time



Engage in fun tools



Feedback guides you to the next step



A place for you to keep all of your health information



Read news and articles about health-related topics

Go to [AveraHealthPlans.com](https://www.AveraHealthPlans.com) and click "Login."

Questions about My 365?

SERVICE CENTER 605-322-4545
8 a.m. to 5 p.m. (CT) 1-888-322-2115 *Toll-free*
Monday – Friday

VIRTUAL COACHING

Reach your health goals, big and small, online and at your own pace. Or, work with an expert coach one-on-one by phone and email.

Virtual coaching:

- Is fun and easy to use
- Helps you set goals and shows you how to reach them
- Offers interactive tools to help keep you on the right track
- Helps you create and stick with meal and fitness plans

GET RESULTS!



Improve your diet



Gain confidence



Feel and look better



Have more energy



Manage stress



Reach a healthy weight

DID YOU KNOW?



½ cup of cooked brown rice is equivalent to one serving of whole grains



100 steps per minute is moderate walking



WATER naturally moisturizes your skin and can help reduce joint or back pain

60%

of U.S. adults do not get the recommended amount of physical activity

Heart disease is the leading cause of death in women



Light exposure from electronic devices before bed can disrupt your sleep cycle

SOURCE: ALERE, A HEALTH INFORMATION AND DIAGNOSTICS COMPANY

Use **My 365** to learn more facts like this and learn how we all can improve our health and wellness.

Avera 
Health Plans



HOW DO I GET STARTED?

1. Go to [AveraHealthPlans.com](https://www.AveraHealthPlans.com)
2. Click "Login"
3. If it is your first time accessing your benefits online, you will be asked to set up a username and password. You will need your member ID card to enter specific information from your card.
4. After you login, click on "My 365 Health Guide."

We encourage you to take the Wellness Assessment as it will provide you guidance to future steps to a healthier lifestyle.