# "I'd like to learn more about healthy behaviors. What tools does Fallon offer?"

## The Healthy Health Plan focuses on behaviors that you can change.

The Healthy Health Plan offers a wealth of information so you can learn more about your own health. Then you may begin new activities and behaviors to get healthier. Below are some of the benefits.

**Health Assessment:** Answer these questions to give you an idea of what your strengths are and where you could use some help. The questionnaire will ask you about your health behaviors, and focus on behavior-related risks that you can change to improve your health. You'll even receive guidance as you answer the questions.

It will only take about 20 minutes to complete. Oh, and you get $100* just for taking the health assessment! No other requirements are necessary.

**Reports:** From the health assessment, two reports are generated specifically for you.

1. **The Participant Wellness Report** is designed to increase personal awareness and encourage you to make healthy behavior changes.
2. **The Physician's Summary Report** provides a more detailed view of your responses and includes your stage of readiness to change. This one-page summary is designed as an easy way to share your results with your primary care provider (PCP).

**Health Shelf:** The tools in this library will inspire you to start engaging in healthy habits every day. They include articles, quizzes, self-assessments, how-to guides and healthy recipes.

**Interactive tools:** The guides to resources can help you learn about specific health conditions and issues.

**Coaching:** If you choose to, you may work with a health coach via email or phone. Your coach will help you stay motivated and on track toward a healthier you.

### How to log in:

1. Use fallonhealth.org/healthyhealthplan to get to our landing page where you can click "Log in now."
2. Your username will be your Member ID number, found on the back of your Member ID card.
3. The first time you log in, use "Welcome1" as your password. You can then create your own password.
4. You may take the Health Risk Assessment as many times as you like to track progress. Incentives are given once per year upon plan renewal date.

We hope you take advantage of the many ways Fallon Health supports your health and well-being!

**The Healthy Health Plan rewards subscribers and their spouses who are over age 18 just for completing the health assessment. This incentive payment may be considered taxable income. Please consult your tax advisor if you have questions. Program eligibility and benefits may vary by employer, plan and product.*

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