

# Get healthy. Get rewarded. It's that simple.

## The CHANGE4LIFE™ HEALTH PORTAL

GSC's Change4Life health portal is your all-in-one, online path to achieving better health and winning great rewards (but more on those later). Available through your Online Services – like, Plan Member Online Services – the health portal is a comprehensive resource that supports healthy life choices by providing you with personalized tips, easy-to-use online tools, and important information – all at your fingertips. You'll get insight into your current health and learn how you can successfully improve it using a "small steps" approach. And, for those with a diagnosed medical condition (like high cholesterol, hypertension or diabetes, for example), the health portal's tools and information can make it easier for you to manage your condition.

### Here's just some of the things you can do on Change4Life:

#### **Complete an online Health Risk Assessment (HRA)**

Completing your HRA questionnaire allows the Change4Life portal to be customized. Your responses to the HRA provide the foundation for what you'll get next – a personalized health "report card" with an overall health score, as well as a recommended action plan filled with targeted tips, tools and resources that help you take a "small steps" approach to adopting healthier habits.

#### **Sign up to receive Stick2It™ medication reminder emails**

GSC's Stick2It medication reminder service helps you remember to take your medication(s) as they're prescribed. You can set up Stick2It reminders to receive regularly scheduled emails reminding you to take your medication(s) and/or refill your prescriptions as directed by your treating physician.

#### **Sign up to receive health reminder emails**

Similar to Stick2It, you can stay on track with your health related activities by scheduling health reminder emails for a wide variety of health activities, such as tracking your daily steps, physical activity, diet, blood pressure and many more.

#### **Read educational articles on health topics**

The health portal's education modules help you increase your health literacy. You can read and learn about topics such as diabetes, stress, migraines, and many more.

#### **Set a S.M.A.R.T. Goal**

The S.M.A.R.T. Goal tool helps you develop a personal health plan – no matter how big or small – and track your progress as you work towards achieving it. Using the S (specific) M (measurable) A (achievable) R (realistic) T (timely) methodology, you will be encouraged to make a personal pledge towards better health.

As you complete these actions, you'll also earn points – points that can be used to participate in the Change4Life Rewards Program...

# Change4Life Rewards Program

## Here's how it works:

1. You select the reward you want.
2. You use the points you've earned (from using the tools and resources on the Change4Life portal to get healthier) to buy "ballots" for the chance to win that reward.
3. You wait...and hopefully...you win!

We will be holding weekly (initially) and monthly (ongoing) draws for great rewards including gift cards for popular retailers of home goods, sports apparel, electronics and more.

The more you use the site, the more chances you have to win great rewards! And while we know everyone loves points and rewards, you should also feel some warm fuzzies for taking important steps towards a healthier life. It's a win/win...literally.

Change4Life is available to all GSC plan members who are registered for Online Services.

**Not registered? Go to our website at [greenshield.ca](https://www.greenshield.ca)  
to get registered today (click GO under REGISTER/LOGIN)!**