

ENJOY THE BENEFITS OF  
BEING AND BECOMING  
**HEALTHY**



## The Healthy Health Plan from Fallon Health

### How does it work?

The Healthy Health Plan helps members be and become healthy. You simply go to [fallonhealth.org/healthyhealthplan](http://fallonhealth.org/healthyhealthplan) and fill out the health assessment to get an overall picture of your current health.

Once you finish the assessment, you'll get an individualized report with your overall score, areas in which you're doing well and areas in which you need improvement.

If you're already in great health, terrific! Members who want a little help to get healthier can choose to participate in a customized health and wellness plan that may include regular health coaching, wellness workshops, interactive tools and more.

### What are some of the key features?

The Healthy Health Plan provides you with access to:

- **Interactive tools and calculators**—includes meal plans, exercise tutorials, cardio/strength training logs and food logs.
- **Health coaching**—provides members with online and telephonic access to nurses and other healthcare professionals.
- **Workshops**—offer members a variety of topics on lifestyle changes and health conditions.



### How to log in

1. Go to [fallonhealth.org/healthyhealthplan](http://fallonhealth.org/healthyhealthplan).
2. Click "Log in now".
3. From there, you can register a new account. You will need your Fallon ID number.

**Log in and discover more about the benefits of being and becoming healthy!**