



The  
**Doctor**  
on call

**live  
well**

Get medical care at work,  
home or on-the-go



**stay  
fit**

Gain access to one of the  
most comprehensive online  
weight loss, weight control  
and body transformation  
programs ever developed



The path to good health is just a few clicks away.



**Telemedicine** - Receive prompt access to U.S.-based, licensed physicians and save money by avoiding costly co-pays associated with in-office appointments. Continuity of care with the ability to send detailed care reports to your primary care physician or another care coordinator and no denials based on pre-existing conditions - everyone is accepted.



**Online Physicians** - After signing into the Members Area, create your personal medical profile and begin corresponding with our online medical professionals right away! In most cases, your personalized physician response will come as soon as 2-4 hours, but in some cases it will take up to 24 hours. It really is that simple.



**Online Health Assessments** - What are your eating behaviors? How do you manage stress? Are you at risk for cancer, diabetes or a stroke? Are you addicted to your work? With over 40 additional lifestyle, work style, behavioral health and disease-specific assessments, Online Health Manager helps you evaluate all the areas that make up your life.



**Nurse Hotline** - A registered nurse will talk with you about your symptoms and recommend an appropriate course of action. The Nurse Hotline handles after-hour medical calls for hospitals and physicians throughout the world, and now you have access to the same medical guidance.



**Health Information Library** - The Health Information Library provides you access to a comprehensive library of over 1,000 health-related topics. This inclusive library is available to you over the phone, and additional resources are accessible through our Web portal. Each topic is reviewed by medical authorities on a regular basis.



**Online Fitness & Nutrition** - The Online Fitness Center program focuses on dispelling myths; increasing knowledge and ensuring that you only learn weight control one more time, the last time; creating an online environment to truly move you beyond diet.



**Oral Health Care** - Members receive a secure online health tool to help identify oral health risks. In addition, members can create personal oral health records and track their family's oral health through age and gender-specific questionnaires, detailed reports and dental visit reminders.

