



Onlife[®]
HEALTH



live on

Who is Onlife Health



- National Health and Wellness Company
- Provides a comprehensive health and wellness program
- Health Coaches are nurses, dietitians and exercise specialists
- All personal information is kept completely confidential between you and your Onlife Health Coach



What is the program?

- Interactive Wellness Portal
- Health Assessment with personalized Wellness Report
- Self-directed Health Courses
- Personalized Health Coaching with a dedicated Health Coach (nurse, dietitian, exercise specialist)

Interactive Wellness Portal Features

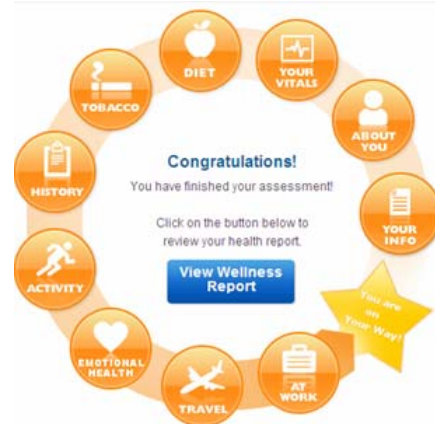


- Health Trackers and Calculators
- Educational Videos
- Food and Exercise Diary
- Health News
- Health Article Knowledgebase
- Personal Journal
- Personal Health Record
- Social Networking



Health Assessment

- Simple, Concise and **Confidential** questionnaire
- Identifies individual areas where health can be improved
- Personalized Wellness Report focuses on modifiable risk factors and life years gainable for making healthier choices



Self-Directed Health Courses

- Self-paced
- Build awareness and create positive change
- Courses Include:
 - Nutrition
 - Weight Management
 - Stress Management
 - Tobacco Cessation
 - Physical Activity
- Courses recommended based on personal Health Assessment
- Each Course includes:
 - 12 lessons
 - Supplemental articles
 - Milestone assessments
 - Video content
 - Tracking tools
 - Challenge activities

The screenshot displays the Onlife 'ONMYTIME: TOBACCO COURSE' interface. At the top, the Onlife logo and navigation links are visible. The course title 'ONMYTIME: TOBACCO COURSE' is prominently displayed. Below this, there is a 'COURSE OVERVIEW' section for 'QUIT TOBACCO' with a 'VIEW REPORT' button. A progress tracking tool is shown, featuring a graph with three lines: 'CIGARETTE' (dashed blue), 'GOAL' (dotted green), and 'START' (dashed orange). A 'Share This' button is located below the graph. A circular diagram of 12 lessons is shown, with Lesson 2 highlighted in blue and Lesson 1 in orange. To the right, a list of 12 lessons is provided, with '2: Setting the Stage' marked as 'GET STARTED'.



**How do I get
started?**

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Onlife Health Brochure



- You will receive a brochure in the mail within a couple of weeks or you may have already received it.
- This brochure provides you with access (Keycode) to the Onlife online portal



It only takes a minute to log on to
www.OnlifeHealth.com

1. Go to www.OnlifeHealth.com.
Are you a returning user? Skip to step 4.
2. Use the Keycode below to logon as a new user.
3. Follow the online directions to create your user name and password. Memorize them, or write them below and save this card.
4. Returning users should log on using the username and password they created. Can't remember what they are? Follow the on screen prompts to retrieve them.

This card is your ticket to log on to a site full of education, motivation and fun

Onlife HEALTH www.OnlifeHealth.com
1.877-620-2232

Keycode: ABCCO

Username: _____

Password: _____

