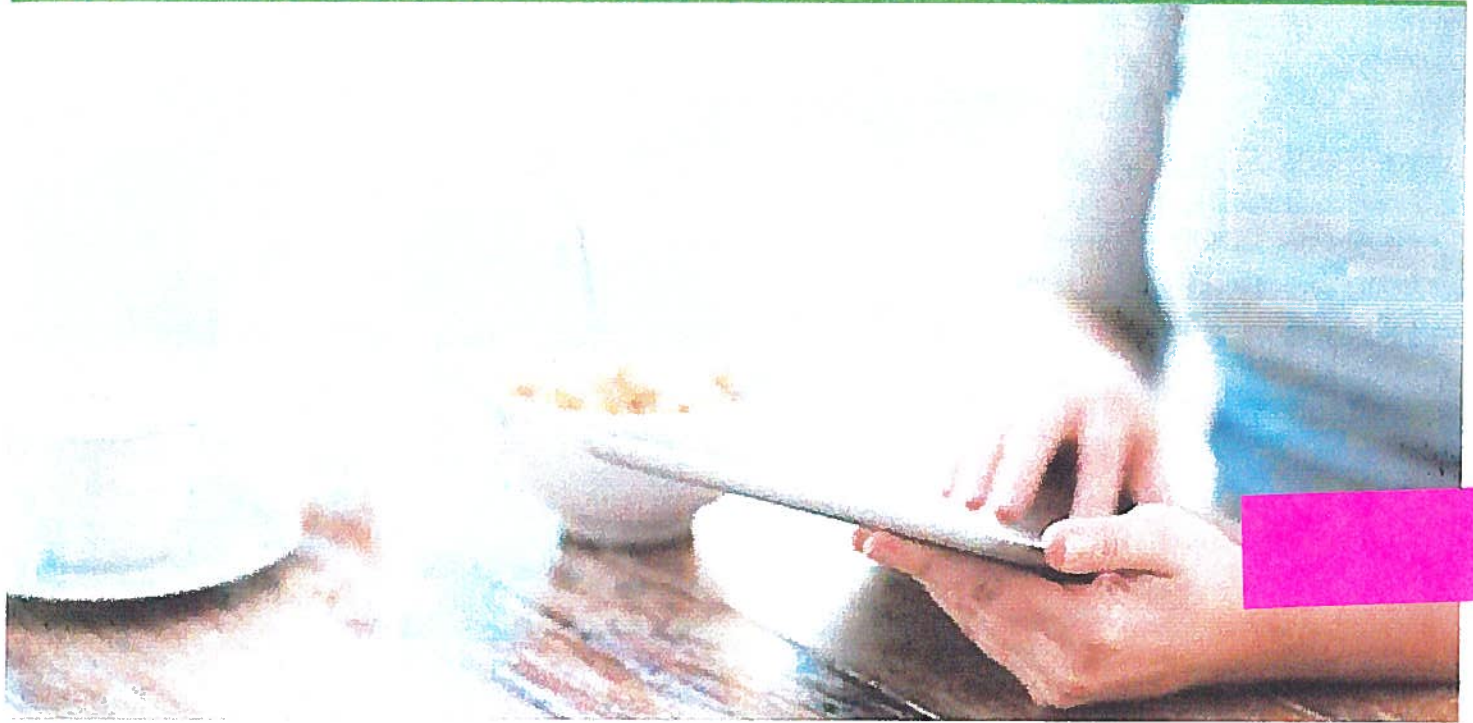


# Health and Wellness Companion



For anyone who likes to self manage their health and well-being, then we have the answer for you. A unique partnership between Homewood Health and the Canadian Medical Association's technology subsidiary provides you with a suite of online health risk assessment and health change tools that enable you to be in charge of your health.

## Take control of your health improvement plan!

- **Looking for information you can trust?** The *Health and Wellness Companion* is an online health management tool and health information library created by a subsidiary of the Canadian Medical Association. You can be assured the information is current and trustworthy and

you can access the information in the privacy of your own home or office whenever you want!

- **Do you have specific health risks?** The health risk profile asks a series of questions in order to determine if you have any specific health issues that you need to work on.
- **Want to track your progress?** The *Health and Wellness Companion* helps you develop a personal wellness program where you can track your progress and areas of risk over time.
- **Looking to establish and maintain a personal health file?** The *Health and Wellness Companion* provides a confidential, secure online location for you to store important medical data such as family and individual health information.

**ENROLL NOW!**

Enrollment may be covered by your benefit plan/Homewood Health employee assistance services. Our website will help you determine this. To learn more, visit Member Services at [www.homewoodhealth.com](http://www.homewoodhealth.com).

