EXPERT HELP AND GOAL SETTING

A one-stop wellness shop for Health New England members, the Health New England Healthy Directions web portal is powered by WebMD ONE, a trusted source of health information. Get the latest resources that WebMD ONE offers but in a personal and private portal just for you.* Inside you’ll find easy-to-use health and wellness tools such as a comprehensive health assessment, self-management tools, health trackers, self-help videos, healthy recipes and much more.

ONCE YOU REGISTER, YOU WILL BE READY TO JUMP-START YOUR WELLNESS GOALS.

Check your health.

In just 15 minutes, you can get a thorough assessment of your current health status with results, recommendations and next steps from WebMD Health Services without ever leaving your home. Get started by taking your personal Health Assessment.

Set your goals.

You are unique, and so are your health and wellness goals. The Daily Habits tool lets you set personal health goals to stay focused and motivated.

Take a look around.

Check out the rest of the Healthy Directions web portal to find out about the nutritional webinars, fitness programs and discounts to help you meet your health goals. So what are you waiting for?

*The Healthy Directions web portal is only available to Health New England health plan members. Some self-funded groups do not have access to the Healthy Directions web portal.
STEP 1

REGISTER AS A FIRST-TIME USER.

Go to webmdhealth.com/hne and click CREATE ACCOUNT.

Click No, then CONTINUE.

Enter your information into boxes 1*, 2 and 3, then click GO.

*You must enter the correct Member Number, which is a combination of your membership ID number (e.g., 111635000) and your subscriber number (e.g., 01).
AFTER REGISTERING, YOU CAN ACCESS THE HEALTHY DIRECTIONS WEB PORTAL, POWERED BY WEBMD ONE, USING ONE OF THE FOLLOWING TWO OPTIONS:

OPTION 1

» Log into the Health New England Member Portal at my.healthnewengland.org and click the Health Programs link in the Coverage section.

» Click Get Started.

OPTION 2

» Go to webmdhealth.com/hne to sign in.
STEP 2

ENTER ADDITIONAL INFORMATION TO BUILD YOUR PROFILE.

Fill out Tell us about your health section and click NEXT.

Select any conditions you’d like help with and click NEXT or SKIP if you’d prefer not to answer.

Select the topics in What are your interests section and click NEXT.
STEP 3

TAKE OR ACCESS THE WEBMD HEALTH ASSESSMENT.

First-time users:
Click on GET YOUR SCORE. Read instructions and click TAKE IT NOW.

For return users:
Access your WebMD ONE Health Assessment through the drop-down menu on your homepage.
Grab your cell phone - Download the Wellness At Your Side App through the App Store.

Enter the connection code: healthnewengland
The WebMD App

TAKE YOUR HEALTH ASSESSMENT, SET GOALS WITH THE DAILY HABITS TOOL AND VIEW YOUR REWARDS!

Hello, JULIA G

Things I’m Working On

Stress Goal

Record Your Stress Success
You’re on the way to stress-free living! But remember, enter your goal data

Nutrition Goal

Every Healthy Choice Counts

My Health

Goals

Rewards

Health Assessment

Learn about yourself by completing the questionnaire

Get a comprehensive picture of your current health and lifestyle habits

Learn your individualized health score

See recommendations that will help you take positive steps toward improved well-being

Your Information is safe with us

TAKE IT NOW

SAVE & CONTINUE
Earn More Rewards

LEARN ABOUT YOUR REWARDS ON THE REWARDS PAGE.

Monitor your points.

See available raffle entries.

Click Keep Earning for opportunities to earn more points.

See all the raffles you’ve entered.

RAFFLE PRIZES ARE DRAWN MONTHLY. POINT BALANCE RESETS JANUARY 1 OF EACH YEAR.
Where you matter.

At Health New England, our mission is to improve the health and lives of the people in our communities, and we are deeply committed to the individuals we serve every day. Based in Springfield, Massachusetts, we have been meeting the health care needs of our members for more than 30 years.