

| Healthy Directions

Web Portal powered by WebMD ONE Introduction | User Guide | WebMD App | Rewards Overview



Healthy Directions Portal



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.



	Welcome	
A & A AA	Username	
	Password	0
	SIGN IN	
t that	Porgot username or password?	
A SAME BERTHE CONSIGNATION	Don't have an account yet?	

Welcome to Registration	
Registering for the Health New England Healthy Directions Web Portal web	site gives you these benefits:
 Provides personalized information and powerful tools to help you make Ensures the confidentiality of your personal health information Gives you access to your Health Record from WebMD.com 	e more informed choices about your health
To start, we need to know if you already have an existing Personal Health Red	ord at WebMD.com.
Do you have an existing Personal Health Record at WebMD.com?	
Click 'Continue' to complete the registration process.	
Learn more about accessing your Personal Health Record at WebMD.com Forgot your WebMD.com Personal Health Record username or password?	
	CONTINUE
VebMD ONE	
Frequently Asked Questions	
Authentication and Security Information	
Authentication and Security Information	Member Number, which is a combination of your memb
	Member Number, which is a combination of your memb ID number (e.g., 111635000
Member Number	Member Number, which is a combination of your memb ID number (e.g., 111635000 your subscriber number (e.g.
Member Number · Click here for help in finding your member number.	Member Number, which is a combination of your memb ID number (e.g., 111635000 your subscriber number (e.g
Member Number - Click here for help in finding your member number. Username -	Member Number, which is a combination of your memb ID number (e.g., 111635000 your subscriber number (e.g.
Member Number - Click here for help in finding your member number. Username - (6 or more letters or numbers; special characters allowed; no spaces)	Member Number, which is a combination of your memb ID number (e.g., 111635000 your subscriber number (e.g.

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.

Health New England			Health New England	
Portal Login			Where you matter.	
	Usemame	Login	Coverage	-
	Password: Take Me To:	Protect		Health Programs
		Trapa antinent	Benefit Details	

» Click Get Started.

Coverage	Health Programs
Benefit Details	Health New England is pleased to offer you your very own HealthyDirections® Web-portal* – your one Powered by WebMD®, the HealthyDirections® Web-portal offers you a range of health programs, inclu
Claims	Your comprehensive health appraisal Symptom Checker Health and medical information Self-help videos
Provider Search	Healthy recipes And so much MORE!
Forms	Start exploring our range of Health Programs today! "Please note some self-funded groups do not have access to the HealthyDirections® Web-portal. Get Started

OPTION 2

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





ENTER ADDITIONAL INFORMATION TO BUILD YOUR PROFILE.

WebMD ONE

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

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

WebMD ONE		
What are your interest Pick your top three now. You can	ater.	
I want to Get more exercise	Get to a healthy weight	
Eat better	Reduce stress	
$\begin{bmatrix} \frac{\mathbb{Z}}{2} \\ 1 \end{bmatrix}$ Sleep better	Quit tobacco	
ВАСК		NEXT

Tell us about your health

Overall, how would you rate your health?

What's your ethnic origin? Some conditions and health risks var Height We

ft

poor
fair
average
good
excellent

This helps us understand where you are on your well-being journey.

Weight

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

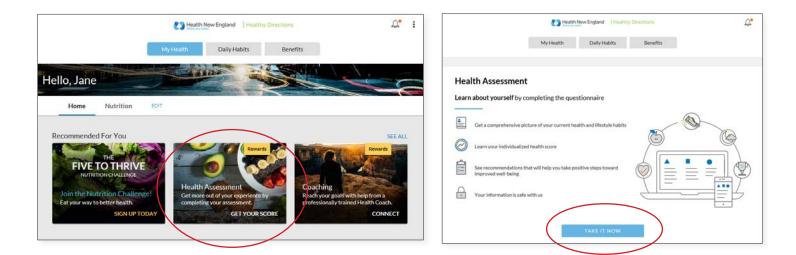
WebMD ONE				
Can we help you with an	y of th	ese conditions?		
G High Blood Pressure		High Cholesterol		
Asthma		Diabetes		
Coronary Artery Disease		Heart Failure		
COPD				
ВАСК			SKIP	
NOTICE INFORMING INDIVIDUALS OF NONDISCRIMINA	TION AI	ND ACCESSIBILITY		

STEP 3

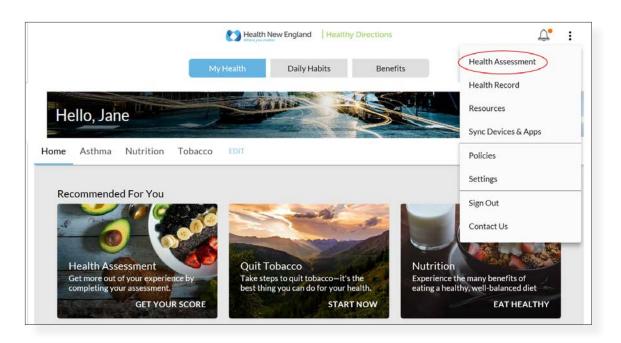
TAKE OR ACCESS THE WEBMD HEALTH ASSESSMENT.

First-time users:

Click on GET YOUR SCORE. Read instructions and click TAKE IT NOW.



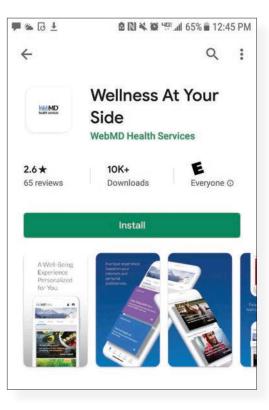
For return users: Access your WebMD ONE Health Assessment through the drop-down menu on your homepage.



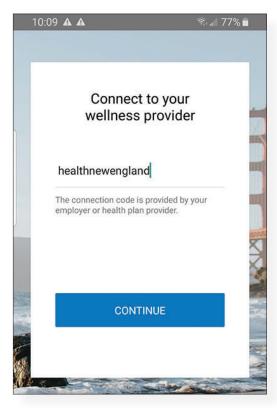
The WebMD App

DOWNLOAD THE APP FOR ACCESS ANYWHERE OR ANYTIME.

Grab your cell phone -Download the **Wellness At Your Side App** through the App Store.

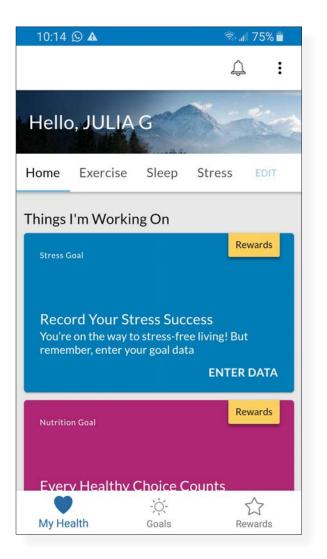


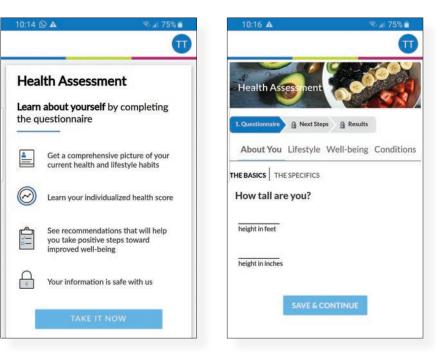
Enter the connection code: **healthnewengland**



The WebMD App

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

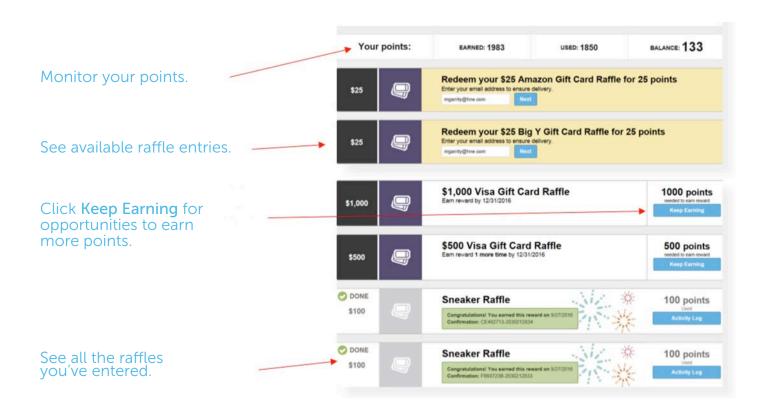




Earn More Rewards

LEARN ABOUT YOUR REWARDS ON THE REWARDS PAGE.

	Health New En	4 •	
	My Health [Daily Habits Rewards	
Il Rewards FAQs History			
Rewards			
Your points:	EARNED: 0	USED: 0	BALANCE: 0
\$\$\$ %	\$100 Gift Card Earn reward 3 times by 12/3	31/2019	100 points needed to earn reward EARN NOW



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

Notes	

Notes	

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.



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healthnewengland.org

