

2024 wellness program

health EXPLORER™

ATTENTIVE
HEALTH

get started online today!

myhealthexplorer.com

to register online, use your online Unique ID:
first 4 letters of your last name + last 4 digits of your SSN (i.e. ABDC1234)

complete these 3 activities **by 12/15/2024** to earn a \$300 gift card



BOARDING PASS

complete a personal health survey



SET COURSE

enter biometrics from a recent physical exam



PROPELLER

view health benefits video + quiz – **NEW!**

additional OPTIONAL activities



NAVIGATOR

20-minute calls with your health coach Caryn



GET UNDERWAY

wellness challenge with prizes



EXPLORE IDEAS

brief monthly videos you can watch anytime



TOBACCO CESSATION

complete an 8-week program with live support from a coach

ATTENTIVE
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QUESTIONS? CONTACT US!

877.269.9754 | explorer@attentivehealth.com