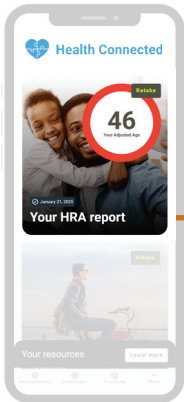




Health Connected

Get a Full Picture of Your Wellbeing

As Medavie Blue Cross member, you get free access to **Health Connected** – a powerful tool to understand your health risks, get personalized insights, and take action to improve your well-being.

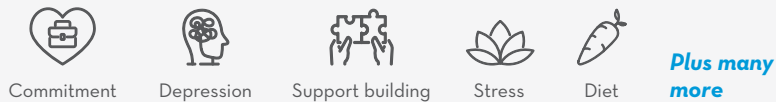


Health Risk Assessment (HRA)

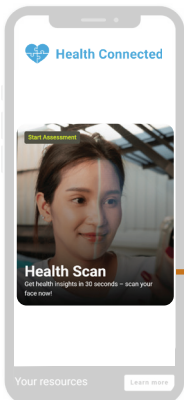
The Health Risk Assessment is the ideal starting point to gain a clear overview of your current physical and mental wellbeing. It includes:

- > Health risks report
- > Personalized referrals to services
- > Your health risk-based adjusted age
- > Digital health coaching
- > Wellbeing enhancement tips
- > A comprehensive resource library

18+ health factors assessed



Plus many more

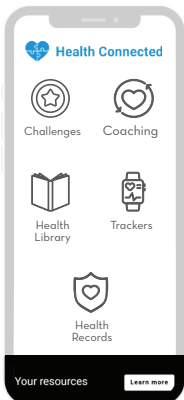


Health Scan

With a quick, non-invasive facial scan using transdermal optical imaging, see your health in real-time. This includes:

- > Risk of chronic diseases like cardiovascular disease, hypertension, high cholesterol, heart attack, stroke, type 2 diabetes.
- > Mental stress levels
- > Blood markers like HbA1C and blood glucose
- > Waist-to-height ratio, and facial skin age
- > Heart health metrics like blood pressure, respiration, heart rate, irregular heart beat, cardiac workload and more.
- > Wellness score

All you need is a smartphone, tablet, or laptop with a camera and internet.



Engaging Resources

Choose from a variety of health challenges, receive helpful coaching, track your progress and access a wide range of resources—all designed to support your health journey.



Start your journey to better health today!
medaviebc.ihealthconnected.com/ui/home