

Living Well Tip of the Week



Life is a roller coaster.

Just like the ups and downs of your life, your health experiences change over time. That's why it's so important to check in on your well-being with HealthQuotient (HQ), available at www.webmdhealth.com/ut.

With HQ, you can:

- ✓ Track important health data and understand how lifestyle choices can directly affect your wellness.
- ✓ Enjoy peace of mind when your health is at its best.
- ✓ Receive a positive reminder to get back on track when you hit bumps in the road.

And, now that you have 100% coverage for preventive screenings received in-network, it's easy to stay current with your health numbers so that you can update HQ each year.

Complete or re-take your confidential HQ today at www.webmdhealth.com/ut. Then enjoy the ride to good health.