



THE SUPPORT YOU NEED TO REACH YOUR HEALTH GOALS



Get started now

1. Sign in or register for myWellmark via computer or Wellmark mobile app. Once you're signed in, click the "Visit the Wellness Center" link on your home page.
2. Take your Wellness Assessment to determine your health goals, and how you can reach them.

Powered by
WebMD®

This program is confidential, voluntary and offered at no cost to you.

With the Wellmark Wellness Center powered by WebMD®, you'll have the help you need to reach your health goals and live a healthier life.

START GETTING HEALTHIER TODAY WITH:



WELLNESS ASSESSMENT, a short questionnaire that gives you an accurate, confidential and personalized report about the state of your health and the next steps forward.



ONLINE HEALTH COACHING, which is triggered after completing your Wellness Assessment. You will receive help in setting goals and suggested activities to improve your health.



HEALTH AND MEDICAL NEWS and information to help you make smarter choices.



HEALTH TOPICS provide in-depth assessments and information about specific health conditions.



SEARCH FOR INFORMATION on any health topic from A to Z, and get fast results from reliable, up-to-date sources.



SYMPTOM CHECKER, it gives you information to help determine what to do about your symptoms after you answer some questions.



TRACKERS to help you monitor your progress and reach your goals.



SYNC YOUR FITBIT® activity tracker and monitor your calories burned, exercise minutes and daily steps.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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