

## STICK TO YOUR RESOLUTIONS WITH MYACTIVEHEALTH®



A brand new year brings lots of good intentions, but keeping them is a challenge. If you vowed 2017 was your year to get healthy then think of MyActiveHealth as a secret weapon.

MyActiveHealth is an online service from Humana Military designed to help you better manage your health.

Not only does this resource help you assess your health and check your symptoms, it also offers interactive videos and a wealth of tips and tricks for eating healthy and staying active.

Start using MyActiveHealth today to begin a personal health assessment, print out your medication record or try a new health-tracking tool.

To log in to MyActiveHealth, go to: [www.humana-military.com](http://www.humana-military.com) Then click:

“Beneficiary” “Log In” under “Self Service” then “MyActiveHealth Portal” at the bottom