

# Keeping You on Track Online

## Your 24/7 resource to help you keep your eyes on the prize.

Make checking in with My Health Assistant part of your regular routine, and you'll have what it takes to start a good health routine and stick with it. My Health Assistant, powered by WebMD Health Services, uses the goals and activities you select to create simple weekly plans that get you from start to success. During your journey, you'll enjoy an interactive online experience that's motivational, fun, and invigorating.

## Focus on one or more of the following areas:

- Nutrition
- Exercise
- Weight Loss
- Stress Management
- Emotional Health
- Tobacco Cessation



For more information, visit  
[sentarahealthplans.com/mylifeplan](https://sentarahealthplans.com/mylifeplan)



## My Health Assistant

### Your Digital Health Assistant (DHA)

The DHA is an online coach that creatively engages you to improve your overall health and wellness with specific personal calls to action to help you form healthy habits and achieve your goals.

### Ready – Accessing the Digital Health Assistant

DHA activities are customized to you, your health plan, and your wellness program. You can access this tool from the Sentara Health Plans website:

- Sign in at [sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan).
- Select Wellness Tools from your My menu on the left side of the screen to navigate to your personalized WebMD wellness home page.

### Set – Setting Goals with the Digital Health Assistant

**Option One** – Set a DHA goal based on your Personal Health Assessment (PHA) score.

- Complete the PHA questionnaire.
- From your PHA results screen, click the green Let's Go! button to navigate to the My Health Assistant page and choose your goal(s).

**Option Two** – Set a DHA goal without taking the Personal Health Assessment.

- From your personalized WebMD wellness home page, select the Healthy Living tab at the top of the page.
- Select My Health Assistant.
- Choose which goal(s) you would like to work towards by clicking Manage My Goals.

Choose one or more of the following DHA goals: Eat Better, Enjoy Exercise, Lose Weight, Conquer Stress, Feel Happier, Quit Tobacco.

### Success – Reaching Goals with the Digital Health Assistant

Once you have selected your DHA goal(s), you are ready to begin tracking your progress. Record your daily activities following these easy steps:

- Sign in at [sentarahealthplans.com/mylifemyplan](https://sentarahealthplans.com/mylifemyplan) and select Wellness Tools from your MySentara menu.
- From your personalized WebMD wellness home page, select the Healthy Living tab at the top of the page and choose My Health Assistant.
- Click on the icon that best represents your daily activities towards each goal.
- Sign in daily or weekly to record your activities. Weeks begin on Sunday and end on Saturday; you may only back-track and record past activities completed since Sunday of the current week.

DHA	How to Record Your Daily Activities
Eat Better	Click On Track, A Little Off, or Off Track
Enjoy Exercise	Click More than 20 Minutes, 20 Minutes, or Less than 20 Minutes
Lose Weight	Enter your current weight
Conquer Stress	Enter your current stress level on a scale from low to high
Feel Happier	Click Happy, Okay, Down, or Sad
Quit Tobacco	Enter how many times you use tobacco daily

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