

# Introducing MyLife MyPlan



Optima Health offers creative health solutions to help you take charge and get the most out of your health plan and life - introducing **MyLife MyPlan**. Our revolutionary programs, designed with clinical experts, show you how to get started, stay motivated, and exceed your health improvement goals. Let **MyLife MyPlan** work for you!

**Getting Started** is a Personal Health Assessment members complete online to receive health improvement and lifestyle information.

**Staying Healthy** offers award-winning nutrition, fitness, tobacco cessation, and screening programs.

- **Healthy Habits, Healthy You** helps you take steps to prevent diabetes and heart disease.
- Your **Optima Health Coach** can help make a difference in your life.

**Improving Health** involves a team of Optima Health Coaches specialized in clinical, behavioral, and disease management, dedicated to helping you manage your specific health needs.

**Saving More** provides added value for members with discounts on products and services including massage therapy, natural supplements, eye exams, eyewear, hearing aids, fitness centers, and more.

**Managing Meds** helps ensure the safety, effectiveness, and affordability of the prescription medications covered by your pharmacy benefit.

## Get Started With Your Personal Health Assessment:

Begin taking charge of your health by completing your Personal Health Assessment annually to learn ways to improve your health and lower your health risks. Here's how to access your Personal Health Assessment:

1. Sign in at [optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan).
2. Select the Personal Health Assessment link.
3. Follow the instructions to complete your Personal Health Assessment.

For more information, visit:  
[optimahealth.com/mylifemyplan](https://optimahealth.com/mylifemyplan)

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