

# The Power of One

Every big change that seems impossible is made up of small changes that aren't.

## Small changes. Big difference.

Energy. Quality of life. Achieving your personal best. These are all goals you can reach one choice at a time.

### Discover how your choices impact your well-being

It's the little decisions made every day, like what you choose for lunch or how you deal with stressful situations, that shape your health and happiness. Take the 10-minute, confidential health assessment at **SEGIP.StayWell.com** to discover how your everyday choices are affecting your well-being.



Complete the health assessment and answer "YES" to the last question (would you like to be contacted by a StayWell health professional?) between Oct. 26 and Nov. 8, 2016, to **save \$5 on your office visit copays** for you and your covered dependents in 2017.

### Provide your health values to get the best results

The assessment analyzes your lifestyle answers and any health values you provide. Although height and weight are the only required measures, the more health information you include, like your blood pressure, cholesterol and glucose levels, the more accurate your results will be.

Wellness measurement	Your numbers
Height	
Weight	
Blood pressure	
Total cholesterol	
HDL cholesterol	
LDL cholesterol	
Triglycerides	

Wellness measurement	Your numbers
Glucose	
Body mass index (BMI)	
Hip measurement	
Waist measurement	



#### Start here:

<https://SEGIP.StayWell.com>



Questions?  
Call 855.428.6320

#### Returning users:

Log in with the same user name and password you used last year. If you forgot your user name or password, click **Forgot User Name** or **Forgot Password** to get started.

#### New users:

Click **Create My Account Now!** and follow the on-screen instructions.



If you are unable to complete an activity in the wellness program, there may be alternative activities in which you can participate. Contact the StayWell HelpLine at 855-428-6320 for additional information.