

Use online tools from Coventry WellBeingSM

Coventry WellBeing gives you the tools you need to build a lasting healthy lifestyle. Whether you're trying to control your blood pressure, lose weight or be more active, we have trackers and tools to help you reach your goal.

Reach your goals Step by StepTM

An exciting aspect of digital health coaching is Step by StepTM, a proven method that reinforces healthy, positive behavior changes. You can track the following:

- **Physical activity** (walking, running, swimming, cycling)
- **Health statistics** (blood pressure, cholesterol, calorie intake, fat grams, medical dosage and weight)
- **Emotions and negative thinking**

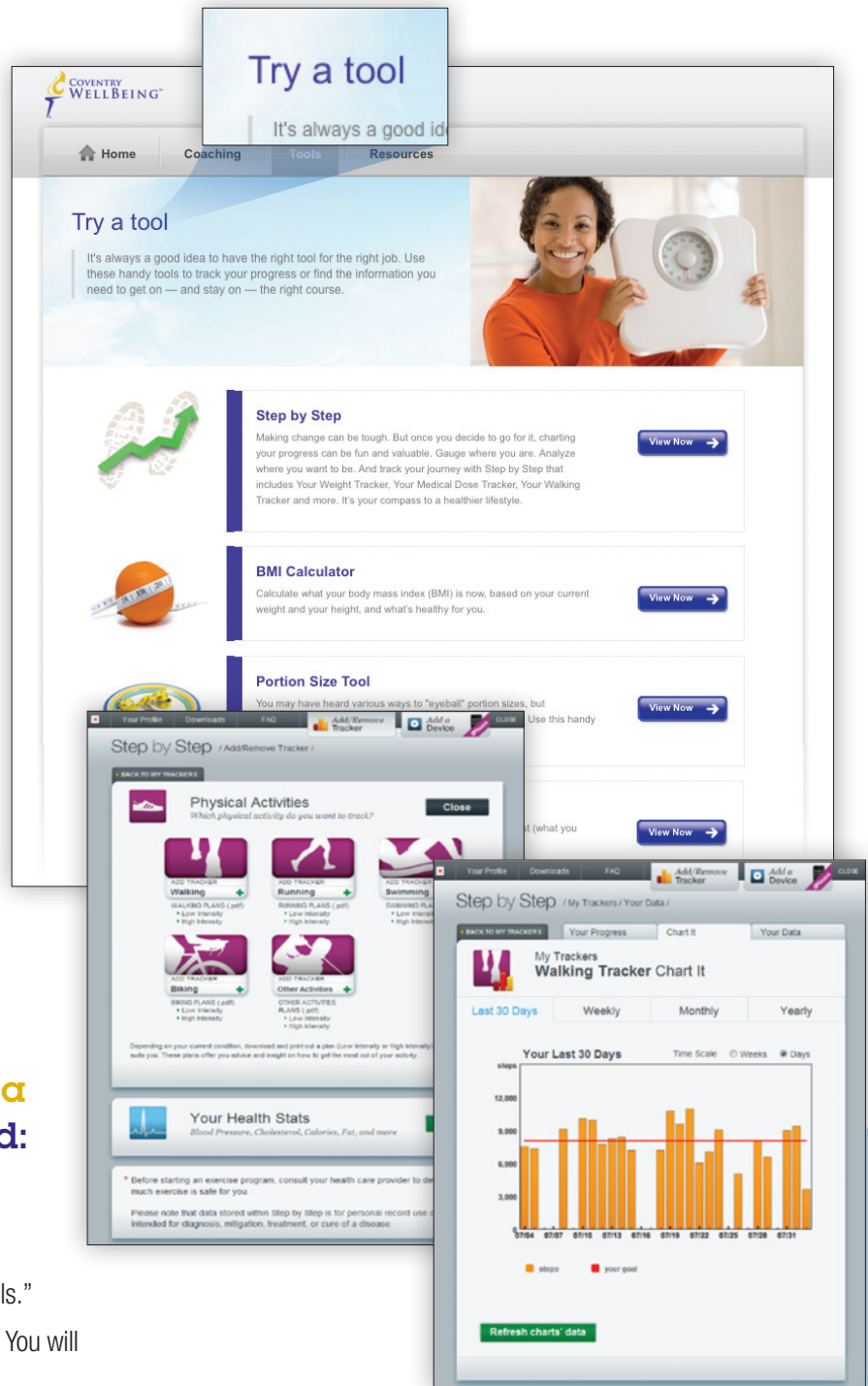
To further help you build better health, you have additional tools:

- **Body mass index (BMI) calculator**
- **Portion size tool**
- **Food choice and activity**

Go Mobile Step by StepTM supports an iPhone®/iPod touch®. The application will take advantage of the iPhone's ability to track distance, and be able to upload distances directly to the website.

Pick up a tool and start building a healthier life today. To get started:

- Visit www.southernhealth.com.
- Log in to or register for My Online ServicesSM.
- You'll find "WellBeing Solutions" under "Wellness Tools."
- Take the Succeed[®] HRA or go directly to "Coaching." You will be directed to the tools you need.



The screenshot displays the Coventry WellBeing website interface. At the top, there is a navigation bar with 'Home', 'Coaching', 'Tools', and 'Resources'. A prominent 'Try a tool' button is visible. Below this, a section titled 'Try a tool' features a woman holding a scale and text that reads: 'It's always a good idea to have the right tool for the right job. Use these handy tools to track your progress or find the information you need to get on — and stay on — the right course.'

Three tool cards are shown:

- Step by Step**: Making change can be tough. But once you decide to go for it, charting your progress can be fun and valuable. Gauge where you are. Analyze where you want to be. And track your journey with Step by Step that includes Your Weight Tracker, Your Medical Dose Tracker, Your Walking Tracker and more. It's your compass to a healthier lifestyle. [View Now]
- BMI Calculator**: Calculate what your body mass index (BMI) is now, based on your current weight and your height, and what's healthy for you. [View Now]
- Portion Size Tool**: You may have heard various ways to "eyeball" portion sizes, but use this handy [View Now]

Below the website screenshot, two mobile app screens are shown:

- Step by Step / Add/Remove Tracker**: A screen titled 'Physical Activities' with options to add trackers for Walking, Running, Swimming, Biking, and Other Activities. Each activity has a 'Low Intensity' and 'High Intensity' option.
- Step by Step / My Trackers / Your Data**: A screen titled 'My Trackers Walking Tracker Chart It' showing a bar chart for 'Your Last 30 Days'. The chart compares 'steps' (orange bars) against a 'your goal' (red horizontal line). The x-axis shows dates from 07/04 to 07/31, and the y-axis shows steps from 0 to 12,000.