

# HEALTHY HEALTH PLAN

## How does it work?

The Healthy Health Plan rewards subscribers and their covered spouses for being and becoming healthy. You simply go to [myhealth.fchp.org](http://myhealth.fchp.org), fill out the health assessment, and then you'll be eligible to receive up to \$200. If you are the health plan subscriber or their covered spouse, you'll get \$50 just for taking the health assessment. From there, you will have the opportunity to earn the additional \$150.

If you're already in great health based on your assessment, terrific! If you could use a little help to get healthier, you can choose to participate in a customized action health plan that may include health coaching, wellness workshops, interactive tools and more. All eligible members over 18 can participate in the program. **Only subscribers and their covered spouses will receive the financial incentive\*.**

## What are some of the key features?

The Healthy Health Plan provides you with access to:

- **Interactive tools and calculators**—includes meal plans, exercise tutorials, cardio/strength training logs and food logs.
- **Health coaching**—online and telephonic access to nurses and other healthcare professionals.

## Access our mobile app!

To start using Healthy Health Plan from your smartphone or mobile device, follow these steps.

### First, on your desktop computer/laptop:

1. Log in to My Healthy Health Plan from your **computer** to set up a mobile account.
2. Click on the following image on your homepage: →
3. **FCHP** is your portal code. You will use this when you first sign in to the mobile app.
4. Follow the prompts to create a PIN.

### Download the mobile app

Take My Healthy Health Plan on the go! Use the food log, exercise tracker and more.



### Next, on your mobile device:

1. Go to either the **Google Play Store** or **iTunes App Store** to download the **HealthyNow** app to your mobile device. →
2. Open the App on your mobile device and enter **FCHP** for the portal code. Click "Activate."
3. Enter your phone number and the PIN that you created when you registered your mobile account.
4. The Healthy Health Plan dashboard now displays: →



## How to log in:

- Go to [myhealth.fchp.org](http://myhealth.fchp.org). Click on "Register New Account". You will need your City of Worcester Advantage ID number.

*\*Incentive requirements may take you up to four months to complete. To make sure you have time to finish before your plan renewal date (July 1, 2017), you are advised to take your health assessment by February 28, 2017.*