

Meet My Health Dashboard

Your personal guide to better health and well-being —
from Sydney Health

With My Health Dashboard on the Sydney Health mobile app, it's all about you. You'll always be able to find the health information you're interested in. Whether it's health and wellness tips you can use right now or personalized action plans you can follow to reach your health goals. My Health Dashboard is tailored to your individual health journey every step of the way.

1. Decide what's important to you

To get the most out of My Health Dashboard, just tell Sydney what matters to you. Get started by taking a quick, online health assessment. Sydney can personalize your dashboard and help you zero in on the goals you want to meet.

2. Pick an action plan

The best way to meet your health goals is with an action plan. Choose between *Get Active*, *Eat Healthy* and *Achieve a Healthy Weight*. In each plan, Sydney guides you along a path of activities developed by health experts. Move at your own pace and make progress on your goals in 30 days or less.

3. Personalize your action plan

Throughout your plan, you make choices based on what fits your lifestyle. Cut out sugar or pile on the veggies, commit to cardio or focus on mindfulness. Just be sure to sync your wearable fitness device to track every step. If your goals change or you want to try something new, you can switch to a different action plan any time.

4. Explore videos and articles

There's more you can do with My Health Dashboard, too. Get the tips you need to live healthy with videos and online articles. You can even find nutritionist-approved recipes and meal plans.

5. Keep going

Once you're on your way, Sydney helps you stay motivated with profile badges and points. Because who couldn't use some extra encouragement and a pat on the back for the hard work it takes to live healthy?

Support for you — when you need it

Empire has resources for you and your family when you need it most. Use My Health Dashboard in Sydney Health to find and connect with the many clinical and well-being programs available, and get help with everything from pregnancy to heart disease.

Top it all off with My Health Rewards

My Health Rewards includes ways to earn up to \$150 for the hard work you've put in, to use however you want. Get a massage, buy some new fitness gear, treat yourself for your hard work!

Complete My Health Dashboard activities to earn points. When you reach your first points milestone, you'll get a My Health Rewards card preloaded with money. Then, each time you reach a milestone, more money will be automatically added to your card. Your My Health Rewards card can be used wherever major credit cards are accepted.*



sydney



Get started today by downloading Sydney Health and visit My Health Dashboard. Or register online at empireblue.com.

* Members aged 18 and over, including subscribers' adult children aged 18 and older, are eligible for gym reimbursement. Payout is per member per benefit year. The amount of the reimbursement may be considered income to you and subject to state and federal taxes in the tax year it is paid. We recommend that you consult a tax expert with any questions regarding your tax obligations. This program is designed to help you make healthy, safe and small changes to your lifestyle. Before taking part in this program, talk to your doctor or health care provider — especially if you are pregnant or have an injury or medical condition. This program may not be right for everyone.

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