



Personalized Online Health Programs



LOSE WEIGHT. QUIT SMOKING. REDUCE STRESS. CONTROL CHOLESTEROL.

Whatever your goal may be, GO-TO Healthy Choices has a solution to fit your lifestyle, wants, and needs. GO-TO Healthy Choices gives you access to a Web site that delivers a one-size-fits-YOU health program. Researchers have proven that the more personally relevant a health program is, the better it will work for you. GO-TO Healthy Choices offers you your own personal team of experts — a physician, psychologist, counselor, nutritionist, and personal trainer.

Our online programs are just like having your own personal health coach — but even better — it’s easy, completely confidential, and you can use it whenever, wherever you like. Discover how to manage your health and improve your overall well-being. You’ll be amazed at your personal results!

GETTING STARTED IS EASY. NO APPOINTMENT. NO FEES. THE PROGRAM IS COMPLETELY PRIVATE.

1. Go to www.HealthyChoicesBigRewards.com
2. Sign in or create a GO-TO account
3. Open your member page & click on the “GO-TO Healthy Choices” orange bubble
4. Review the welcome letter & privacy policy
5. Complete the Health Risk Assessment
6. Choose a Lifestyle Program