

**Interested in a healthier lifestyle?** Begin by completing the global health assessment to gain insight into your current health status. With this information, you can improve your wellness by using online programs focused on fitness, weight, stress and smoking cessation.

## **Access These Key Features on Our Website:**

- Global health assessment
- Personal and confidential health report with recommendations for improvement
- Instructional videos, slideshows and guizzes
- Secure communication with a wellness coach



If you would like to discuss goals and your global health assessment results with a wellness coach, email <a href="mailto:support@worldwideassist.co.uk">support@worldwideassist.co.uk</a>. If you have concerns about a specific medical issue, contact us by calling the number on the back of your ID card or by email through the GeoBlue® Member Hub or mobile app.

## Get started today!

Visit the wellness section on www.geo-blue.com.

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