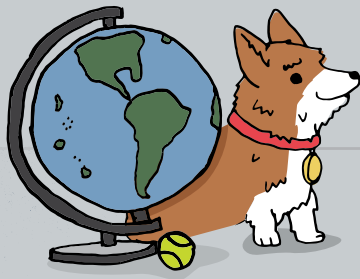


YOU DO YOU



Now you can customize **Healthy Hearts! Healthy You!** to fit your interests and your well-being goals.

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What's New:

- [WebMD ONE](#) – A new platform for an improved wellness experience.
- **Health Assessment** – A personalized status report with tips to improve your health and well-being.
- [Daily Habits](#) – Set health goals, get updates and monitor your success.
- **WebMD Health Coaching** – A free, confidential service to help you reach your goals.

Visit the new [Healthy Hearts! Healthy You!](#), powered by WebMD ONE

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Download Our Mobile App, [Wellness At Your Side™](#)

1. Visit the [Apple App Store](#) or the [Google Play Store](#) and search for “Wellness At Your Side.”
2. After downloading and opening the app, enter your Connection Code: **ZOLL**

Talk to a Health Coach

Whatever your well-being goal – whether it’s to quit smoking, lose weight or manage stress – a WebMD Health Coach can help you find your motivation. From a helpful push to a dose of tough love, they always find just the right words to inspire you.

Earn Rewards

Complete the steps in the Wellness Program in 2021 and meet the standards for the Health Assessment outcomes to earn rewards! Visit the new [Healthy Hearts! Healthy You!](#) for more info.