

# YOU DO YOU



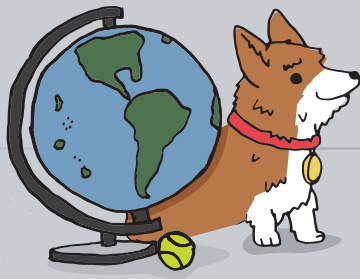
Now you can customize **Healthy Hearts! Healthy You!** to fit your interests and your well-being goals.

[webmdhealth.com/zollwellness](http://webmdhealth.com/zollwellness)



HEALTHY HEARTS!  
HEALTHY YOU!

POWERED BY  
**WebMD**  
health services



### 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.

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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.