

Online Wellness Improvement

No matter what your goals - weight loss, developing and strengthening muscles, improving overall eating habits or developing a healthy attitude - Health Services Hub can help.

Members have access to daily wellness articles and health tips, personalized workout programs for all ages and fitness levels, guidance on nutrition, weight loss and exercise, access to health risk assessments and calculators, and disease prevention studies.

Note: Members must have access to the Internet.



Includes:

- Personalized workout programs for all ages and fitness levels
- Unbiased health information from a professional staff
- Daily health tips on nutrition, weight-loss, exercise and disease prevention
- Over 4,500 current health and wellness related articles
- Health calculators for easy tracking and self assessments
- Additional resources pulled together for you

How to Use:

To enroll in Health Services Hub:

1. Visit the Health Services Hub website and click on the "Begin Here" button
2. Select "Sign Up"
3. Provide membership ID (found on your membership card) as both your Registration ID and Registration Password, then click "Verify"
4. You will be prompted to provide your name, e-mail address and a new member name and password.
5. Click "Continue" to be taken to the Member Home Page
6. If you have any questions, please call Customer Service at the number listed on your membership card