



Anytime, Anywhere

Health and Wellness in Your Pocket

Wellness at Your Side mobile app

Good news. HAP has a new way to use iStrive® for Better Health. It's called "Wellness at Your Side" and it's a new smartphone app from WebMD. Wellness at Your Side gives you a fast, easy way to make positive lifestyle changes and form healthier habits – all with the at-your-fingertips convenience of your iPhone or Android device.

With Wellness at Your Side, you can:

- Take a health assessment that provides a snapshot of your current health.
- Use the health assistant tool to set and reach goals for:
 - Fitness
 - Weight management
 - Nutrition
 - Stress management
 - Tobacco cessation
- Monitor your:
 - Daily blood sugar levels
 - Blood pressure
 - Workout progress
- Access your rewards program.



iStrive for Better Health

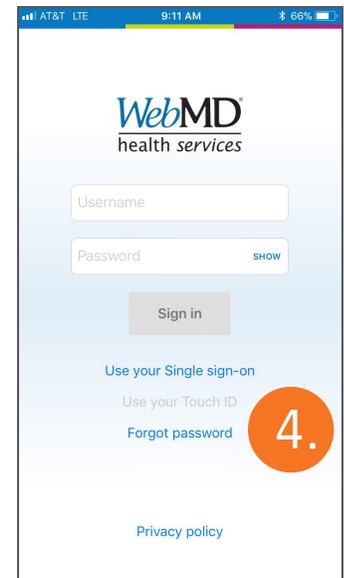
HAP's iStrive® for Better Health is a personalized digital wellness manager, powered by WebMD Health Services.

Its doctor-developed online tools can help you manage your health and increase your well-being.

Let's get started

HAP Members

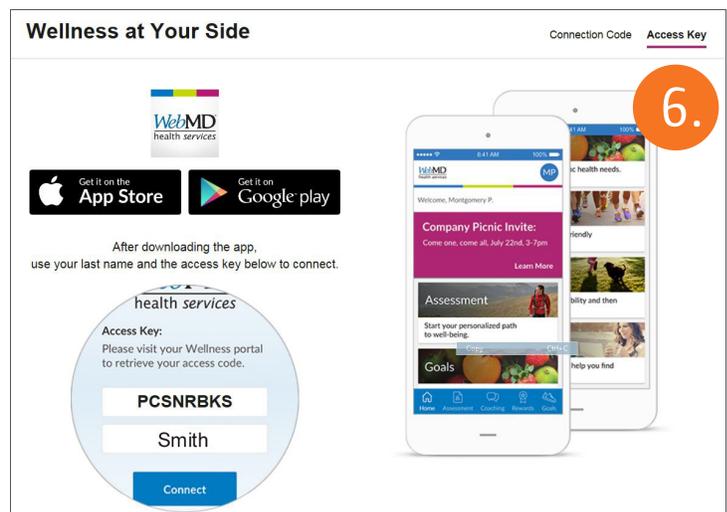
1. Download the free Wellness at Your Side app from the Apple or Google Play app store.
2. Open the app and select *Use your Connection Code*.
3. Enter "istrive." This needs to be all lowercase.
4. Select *Use your Single Sign-On*.
5. When it connects to the **hap.org** login screen, log in with your **hap.org** username and password.
6. App will open.



Not a member?

No problem. Start by signing on to WebMD from your computer. You'll then be able to access the app directly from your smartphone.

1. Go to **hap.org/istriveworksite**.
2. Scroll down to *If you're not a HAP member* and click on *Start here*.
3. Register (only if it's your first visit to iStrive). You'll need to contact your human resources or wellness department to sign up before you can register.
4. Log in and click on *Healthy Living*.
5. Under *Healthy Living*, click on *Wellness at Your Side*.
6. Click on *Access Key* to get your personalized access key.
7. On your smartphone, download the free Wellness at Your Side app from the Apple or Google Play app store.
8. Open the app and enter your access code and last name.
9. App will open.



If you have any questions, please call Customer Service at **(800) 422-4641**.

HAP and its subsidiaries do not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status in the administration of the plan, including enrollment and benefit determinations.

©2018 HAP – a nonprofit company