

The Next Chapter in Health Care



Introducing **My Health Novel**, designed to match you with helpful resources and tools based on your specific health needs. With it you can:

Access health management mobile apps at no cost to you.

Whether you're interested in starting new healthy habits or maintaining your weight, My Health Novel gives you access to the best nutrition, physical activity and weight management tools, programs and apps available.

When you qualify and sign up, you'll get access to health coaching, nutrition guidance, digital tools, group support and more to keep you on track.

Enjoy access to in-person and virtual programs and specialists who can help you answer questions and support you on your health journey.

How it works:

1. Log in to My Health Toolkit®
2. Select Benefits, then My Health Novel
3. Take a quick, one-minute assessment
4. You'll receive your recommended program and resources available to you

Log in to your My Health Toolkit today to take your assessment and get matched with the best programs for you.



For more information on My Health Novel, log in to your My Health Toolkit account at

SouthCarolinaBlues.com