

# Take control of your health

No matter where you are on your journey to better health, Trustmark Health Benefits' health and wellness program has something that can help you.

## Something for Everyone

Our health and wellness program can help you take control of health and lifestyle issues many of us face every day, such as managing chronic conditions, losing weight, making healthy food choices, combating stress, and more.

### myHealthCenter

is your hub for all things healthy. The personalized portal features fun and easy ways to help you to take charge and manage your health. Access myHealthCenter by logging onto [myTrustmarkBenefits.com](https://myTrustmarkBenefits.com).



## myHealthCenter offers:



Take a health assessment and get a complete picture of your health



Set health goals based on what you want to achieve



Explore digital coaching for fun, new ways to improve your health



Access your health information, like prescriptions and health numbers



Sync your fitness devices and track your progress



Get reminders, tips, and suggestions for improving your health



Join social communities and share tips with others

## Health Benefits

**Trustmark**  
benefits beyond benefits

## A Picture of Your Health

Taking a few minutes to answer questions about your health gives you an instant report on what you're doing well and any areas for improvement.



Spot certain risk factors



Help prevent health problems before they occur



Get helpful tips for living a healthier life

And for a little extra motivation, if you complete your health assessment, you will be entered for a chance to win a \$250 Amazon gift card.\*

## A Little Extra Help

Some of us need help setting health goals and sticking to them. Wellness coaching is the way to go. Our coaches will help you focus on areas you are looking to improve – from eating better to getting more sleep. We're here to help you maintain accountability for what you want to achieve. And if you want even more support, we have plenty of digital coaching options that you can do on your own.

## Personalized Support

Managing a chronic condition can be overwhelming. That's where we come in. Our health coaches provide helpful advice based on what we know about you. We'll even send you personal health actions to help you on your way. But you set the tone and pace, deciding how and when to interact with us.

Get support for these common chronic conditions:

- Chronic Kidney Disease
- Chronic Obstructive Pulmonary Disease (COPD)
- Congestive Heart Failure
- Coronary Artery Disease
- Diabetes
- High Blood Pressure



## Jump Right in Today

Get started by completing your health assessment. Visit **myTrustmarkBenefits.com** and click the myHealthCenter tab at the top.

\*For full giveaway details, visit myHealthCenter at myTrustmarkBenefits.com.

Self-funded plans are administered  
by Trustmark Health Benefits, Inc.

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