

# Get the support you need to reach your weight goals

Start with a plan built just for you



## Join the Weight Management Program: Positively Me

Managing your weight can be challenging, which is why EMI Health and WebMD Health Services offer tools and support to help. **This program is voluntary, confidential, and free.** Our mission is to help members **build healthy habits through coaching and make lasting progress toward their weight goals.**

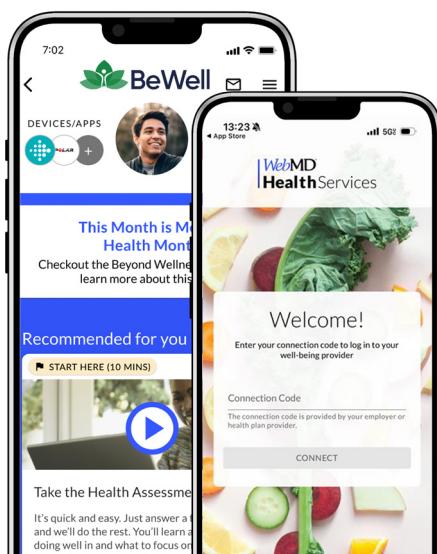
### Get started today! Download the BeWell app.

1. Scan the QR code below to download the Wellness at Your Side app
2. Use the connection code: BeWell
3. Login with your My EMI Health account credentials

**Don't have an account?** Register your My EMI Health account by going to [emihealth.com/account](http://emihealth.com/account).

### Learn how to join Positively Me:

- 1. Take the Health Risk Assessment in your BeWell Portal**  
Your results will include a wellness score and personalized tips to improve your health.
- 2. Connect with a health coach**  
After the assessment, you'll enter your contact info so a coach can reach out.
- 3. A coach will follow-up soon**  
If you qualify for the program, your coach will contact you directly to help you get started.



### Connect with a BeWell Health Coach today!

Scan the QR code to login to BeWell or call 1-888-263-0209 to learn more!