Take charge of your health and well-being with **Wellness At Your Side**

Make positive lifestyle changes and form healthier habits, all with "at your fingertips" convenience. Fully integrated with your *My Security Health Plan* account, this handy app lets you set lifestyle goals, track your progress, and get personalized well-being recommendations.

You're just a swipe and a touch away from starting and staying on your personal journey to being your best.

Before using the app you must log in to your WebMD account through your *My Security Health Plan* online account. If you don't have an online account, you may register for *My Security Health Plan* at **www.securityhealth.org/registration**.

Download the WebMD Wellness at Your Side app

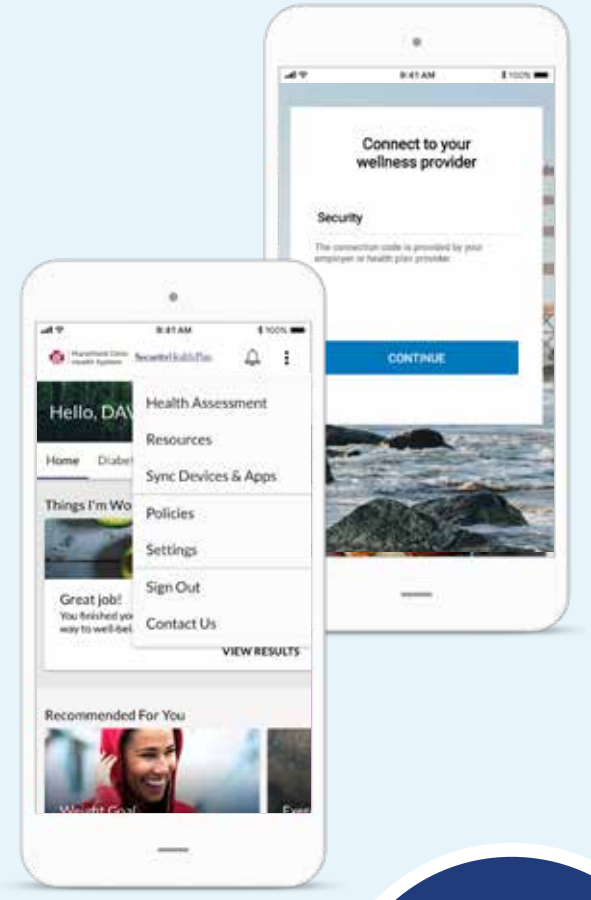
1. Visit the Apple App Store or the Google Play Store and search for **Wellness At Your Side**.

GET IT ON Google Play Download on the App Store

2. After downloading and opening the app, enter your Connection Code, **Security** and click **Continue**.

3. Sign in using your *My Security Health Plan* username and password.

4. Congratulations! You are now logged in to the app.



Remember your log in information for next time you use **Wellness At Your Side**!

Questions?
Call Security Health Plan Customer Service at **1-800-472-2363** (TTY 711)

SecurityHealth Plan℠
Promises kept, plain and simple.®

WebMD

Notice of Nondiscrimination/Limited English Proficiency Language Services
Security Health Plan of Wisconsin, Inc., complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status.

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).

© 2020 Security Health Plan of Wisconsin, Inc. All rights reserved. Written permission to reproduce or transmit this document in any form or by any means must be obtained from Security Health Plan of Wisconsin, Inc.

24004-001