



## HEALTH & WELLNESS

19-31

### Health Connected: Take charge of your health

Whether you're thinking about making changes to improve your health, or you're active and healthy and want to stay that way, the new health and wellness site, Health Connected, is designed for you. It'll be ready in mid-September 2019.

#### What's new?

The site makes it easy for you to learn more about your health and develop health skills on your terms. It's divided into three missions: health assessments, challenges, and digital health coach. You can also:

- Learn about health topics, including medications and diseases, with information you can trust
- Connect with popular apps and wearable devices to track your activities and progress
- Organize your personal health and medical history in one place

Start with a health assessment and move on to challenges and the digital health coach.

#### Challenges

Your organization may run a team challenge where you'll compete in workplace teams to earn points and badges, track progress, and forge long-term healthy habits. You can participate in a solo challenge instead, and still earn points and badges, or go on a virtual adventure and tour one of the world's great cities.

#### Digital health coach

The digital health coach helps you build a 28-day plan to stay motivated and see results. You can set reminders and log progress to build lifelong healthy habits.

#### You could win great prizes

With this new site comes a contest. Until Dec. 31, you'll automatically be entered to win when you make an account on the site and agree to being entered in the contest. You can get another entry by completing a mission and accumulating 250 points. Prizes include:

- One of 3 grand prizes:
  - \$4,000
  - \$2,000
  - \$1,000
- One of two golf club sets (approximate value \$399 each)
- One of two recumbent bikes (approximate value \$408 each)
- One of five yoga kits (approximate value \$127 each)

Over \$13,500 in prizes are available to be won. See the [Official Contest Rules](#) for a full description of the prizes.



Health Connected is your one-stop destination to take charge of your health and well-being. Get started today!

*Articles are reviewed by medical practitioners and offer comprehensive health information and tools.*

*Your information is protected and as always, kept confidential. Your personal responses are not made available to Great-West Life or your plan sponsor. Once a minimum number of assessments are completed, anonymized and aggregated responses may be used at a group level for reporting purposes, to help us and your plan sponsor better understand the health of your organization or to implement health and wellness programs.*

The Your Health Connected contest is open to all legal residents of Canada who are group benefit plan members of Great-West Life, have reached the age of majority in their Province or Territory of residence, have access to Canada Life's Health Connected site, and are not part of a group benefit plan, or class of a group benefit plan, that has been excluded at the request of the relevant group benefit plan sponsor. The contest runs from September 16, 2019 to December 31, 2019. A maximum of two entries will be awarded per person, with only one prize being awarded per person. The odds of winning a prize depend on the total number of eligible entries received by December 31, 2019. Each selected entrant will be required to answer a mathematical skill-testing question before being declared a winner.

Taxes and fees associated with a prize, if any, are the sole responsibility of each winner. The three grand prizes will be paid to eligible winners in cash, cheque, American Express gift card, Visa gift card, or as otherwise reasonably determined by Great-West Life. Click [here](#) for the full contest rules.

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