



# Discover a healthier you at myHealthCenter

## Visit myHealthCenter to:

- Take a health assessment and get a whole picture of your health
- Set health goals based on what you want to achieve
- Use imaginative adventure challenges to inspire you to achieve your health goals
- Get digital coaching for fun, new ways to improve your health
- Access your health information, like prescriptions and health numbers
- Connect your fitness devices and track your progress
- Get email reminders for doctor visits

myHealthCenter 

## You've got support



You're not alone on your health journey. Join online groups, share tips and earn exciting rewards for reaching your goals. And if you need it, support is just a click or phone call away.

Ready to get started? Log on to [myTrustmarkBenefits.com](https://myTrustmarkBenefits.com) and click the myHealthCenter tab.