

Health is Cool 360°

HEALTH EVALUATION

Be your best!

The **Health Evaluation** questionnaire identifies potential health risks and suggests ways you can improve your health and prevent illness.

Take the first step towards being the best you can be!

Take control of your health

Get a true picture of your health by answering questions covering the following topics:

1. Personal health status and health history
2. Physical activity and fitness
3. Nutrition
4. Alcohol and tobacco
5. Sleep
6. Stress management
7. Workplace culture
8. Personal lifestyle
9. Financial health

Access personalized information

Once you've filled out the evaluation, you'll have access to your personalized report as well as information specific to your situation, such as:

- Advice on how to improve your eating habits
- Tips for improving the way you manage stress
- Proven techniques for quitting smoking
- Access to the Health is Cool 360° online and phone resources

The Health Evaluation is included in your group insurance plan.



The Health is Cool 360° platform and the Health Evaluation are part of the prevention component of Desjardins Insurance's service offer

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The Health Evaluation is...

Quick

It takes less than 30 minutes to complete.

Flexible

The questionnaire is available online and can be completed at your convenience in more than one sitting, as your responses are saved as you go. And you can access your personal profile and results history any time.

User friendly

Revise your responses and make any adjustments at the end of each section. If you fill out more than one questionnaire a year, you can see how you've progressed in your profile.

Confidential

All your responses are confidential. Your employer and insurer will not have access to your individual results at any time. Only you and your dependents can view your results by logging in to your profile via your secure personal account.



Access your Health Evaluation right away:

If you have access to the secure site for plan members:

1. Go to desjardinslifeinsurance.com/planmember and select **Access our online services**
2. Log in to your account. If you haven't registered yet, select **Register now** and follow the on-screen instructions
3. Click on the **Tools and resources menu**, and then on **Health is Cool 360°**

If you do not have access to the secure site for plan members:

1. Go to www.healthiscoolprogram.ca
2. Log-in with your email address and password

You can also access the Health is Cool 360° platform through the Omni mobile app.

For more information, contact a health facilitator in complete confidence: 1-877-455-3561



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