



# Boost Your Motivation to Stay Healthy

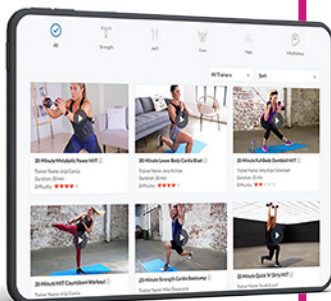
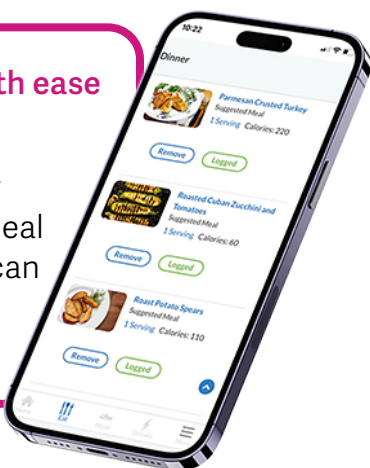


**Stay Healthy Zone** features a variety of online tools to help you manage your health and well-being — including **Celebrity Brand Ambassadors** who host **challenges to help you strive for your goals!** See below for the types of support you'll be able to access.



## Nourish your body with ease

Tap into **hundreds of healthy recipes** along with a nutrition and meal planning engine that can even **create grocery lists** for you.

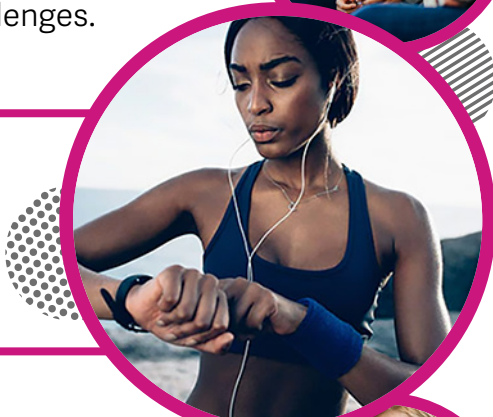


## Up your energy and vitality

Find more than **400 fitness videos** for every ability and preference, presented by expert trainers.

## Connect with a vibrant online community

Feel supported as you support others by **sharing and participating together** in fun challenges.



## Get personalized guidance from dedicated online coaches

Receive the help and **encouragement** you need to reach your wellness goals.



**Stay Healthy Zone is another great perk offered at no extra charge to My Health Pays® Members. Sign up today!**

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