

# Healthier Lives at Every Age



Finally a health care program designed just for women! The **Women's Health Chapter of My Health Novel** tackles issues women face throughout their lives.

It includes access to mobile apps and tools customized to meet your needs. And there's no cost to you.

Whether you're dealing with pelvic pain, fertility issues, breastfeeding or menopause, you'll find help and solutions.

When you sign up, you'll get access to online help. You can get virtual coaching, physical therapy advice and support from health care experts.

#### How it works:

1. Log in to your My Health Toolkit® account (on your member ID card).
1. Select **Wellness & Care Management**, **Wellness Programs**, then **My Health Novel**.
2. Take a quick, one-minute assessment.

**You'll get your recommended program and see what resources are available to you.**



**Kansas City**