

GET HEALTHY. GET REWARDED. IT'S THAT SIMPLE.

THE CHANGE4LIFE™ HEALTH PORTAL

Your all-in-one, online path to achieving better health and winning great rewards

HERE'S HOW IT WORKS:

1. You use Change4Life's tools and resources to take small steps towards better health
2. You earn points for your activity (and get healthier in the process)
3. You use your points to bid on (and hopefully win!) cool rewards

HERE'S JUST SOME OF THE THINGS YOU CAN DO ON CHANGE4LIFE...

- Complete a health risk assessment survey
- Receive a personalized health report card and action plan based on your answers
- Access targeted health education articles based on your health score
- Sign up to receive Stick2It™ medication and other health reminder emails
- Use tracking tools to monitor your health and physical activity (like your daily steps and diet)
- And more!

CHANGE4LIFE IS ABOUT REWARDING THE THINGS YOU DO TO GET (AND STAY) HEALTHY.

VISIT CHANGE4LIFE TODAY VIA
YOUR ONLINE SERVICES MENU!

*Not registered
for
Online Services?*

Go to our website at
greenshield.ca
to register today!

Change4Life™

gsc
green shield canada