

Jenny's path to better health

Getting healthier looks different for everyone. But for Jenny, it started with a simple question: Where am I today? Jenny wasn't looking for a complete lifestyle overhaul. She wanted a clearer picture of her health and maybe a few ideas to manage stress.

Here's how Wellmark Connect powered by WebMD® supported Jenny's path to better health:

She started strong with the Wellness Assessment.

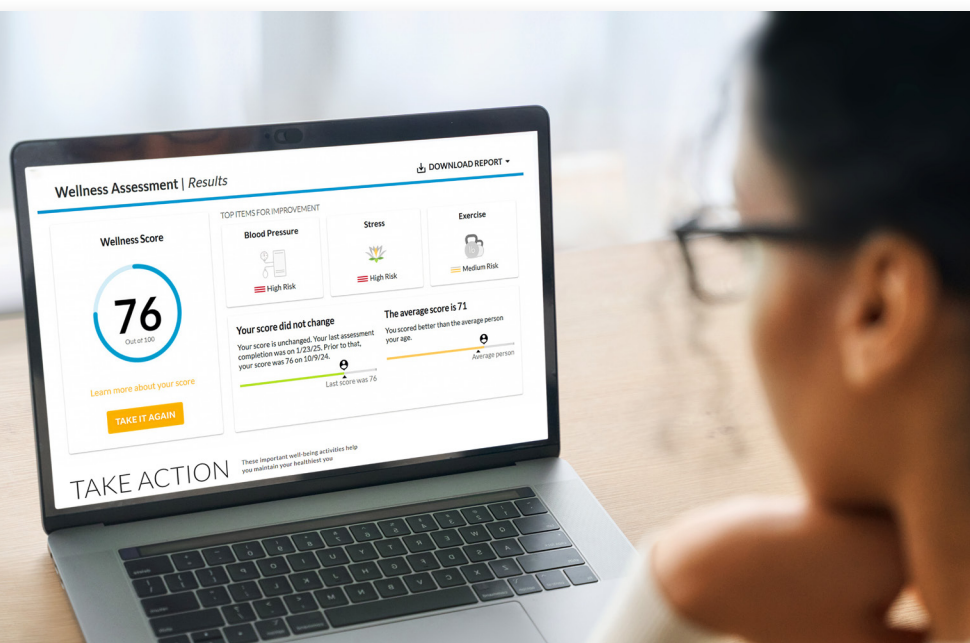
Using clinically validated questions from WebMD, Wellmark Connect evaluated Jenny's current health across multiple categories, including diet, exercise, sleep, medical history and more.

Discover the top four ways the Wellness Assessment can support you.

Her results came with actionable insights.

Jenny scored 76 out of 100, above average for her age, thanks to strong nutrition and staying up to date on preventive care.

Jenny's highest risks included elevated stress and high blood pressure, which had also been noted at her recent annual exam. Several of her risk areas shared the same recommended next steps, reinforcing how one or two small changes could create a big ripple effect.

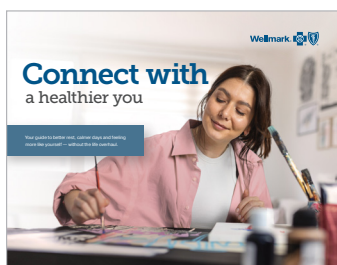


See what Wellmark Connect recommended. 

The recommended next steps were realistic.

The common thread in Jenny's results was a need for more movement — 10 minutes a day to start. Instead of feeling overwhelmed, she felt relieved. That sounded completely doable (and it was!).

She added a short walk or a guided exercise from the platform to her routine. Within weeks, she felt better and less stressed. She was even getting better sleep.

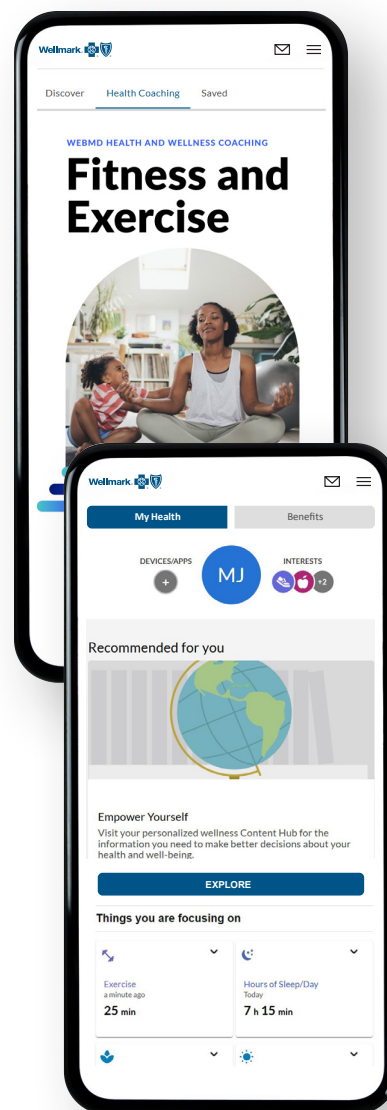


See more examples in
the Wellmark Connect
Lookbook, available at
[Wellmark.com/Connect](https://www.wellmark.com/Connect).

Wellmark Connect kept the momentum going.

As Jenny continued to make progress, her Wellmark Connect dashboard kept pace with relevant articles, activities and other content to keep her moving forward.

What surprised Jenny most wasn't what she learned about her health. It was how easy it was to make changes. The Wellness Assessment didn't tell her what to do — it gave her simple resources and reassurance along the way, helping her build confidence with each small win.



Connect with your starting point.

Your personalized insights and next steps are waiting. Log in to Wellmark Connect with your myWellmark® credentials to [take your Wellness Assessment now](#).