



Achieve Your Wellness Goals with My ePHIT

Do you want to LOSE WEIGHT, EAT HEALTHY or just GET IN SHAPE but are not sure how to achieve results? If so, My ePHIT – a

comprehensive wellness program, can help you meet your personal goals by providing you with resources and tools that empower you to make informed choices about your health.

When you become a My ePHIT member, you will receive:

Customized Plans

GetPHIT: Customized fitness plan

- Provides virtual exercise demonstrations
- Calculates amount of calories burned
- Accommodates individuals of all skill levels

EatPHIT: Personalized nutrition plan

- Recommends/tracks calories and food servings
- Suggests meals or allows you to create your own
- Presents daily menus and shopping lists

LivePHIT: Self-improvement plan

- Instills a positive sense of life balance
- Helps you effectively deal with life's challenges
- Provides stress and anxiety management

Motivational Tools and Resources

Coaching: Personal, confidential interaction with health and wellness professionals

- Allows you to ask personal trainers, dieticians and psychologists your wellness questions confidentially via built in secure email service
- Sends personalized and confidential responses in 24 hours or less

Virtual Trainer: An animated coach who conducts exercise demonstrations

- Teaches members how to properly execute each exercise and avoid injury
- Includes hundreds of cardiovascular, strength and flexibility exercises
- Provides spotting guidelines and helpful tips

Rewards: Rewards just for staying healthy!

- Allows you to redeem for items with points earned by using the online My ePHIT plans
- Redeem for retail and restaurant gift cards, iPods, and much more

Log On Today! www.coventryhealth.com/wellbeing