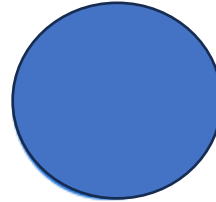


TAKE ACTION:

My Health | Clyde Companies Benefits

DEVICES/APPS



INTERESTS



Welcome to Healthy You

- Wellness Assessment
- Healthy You Rewards
- Daily Habits
- Health Trackers
- Well-being Resource Hub

Welcome. How can we help you?

WebMD Customer Support is available 6:30 AM to 6:00 PM Monday-Friday (Mountain Time). To speak immediately with a WebMD Customer Support representative, please call 1-800-865-9051.

Sync a Device or App  
Instantly upload your activity - just connect a fitness device or app!  
GET CONNECTED

Symptom Checker  
Easily identify possible conditions related to your symptoms.  
GET STARTED

Filter By Topic

Interests & Conditions

- Exercise
- Nutrition
- Weight

Personal Health Record  
Manage your private and secure health data or share it with your provider.  
SEE YOUR RECORD

2025 Wellness Incentive!  
You can earn \$728 in premium credits for 2025!  
START HERE

Quest Diagnostics  
Biometric Screening  
Choose a screening option that works best for you.  
GET STARTED

Wellness Assessment  
Get more out of your experience by completing your assessment.  
GET YOUR SCORE

Nutrition  
Experience the many benefits of eating a healthy, well-balanced diet.  
EAT HEALTHY

Weight  
Take steps to better manage your weight and reduce your health risks.  
GET STARTED

Exercise  
Discover exercises you enjoy and start living a more active lifestyle.  
MAKE A MOVE

Community Group  
Connect with the Community  
Find support, share and see how others are keeping up with their goals.  
VIEW

Beyond Well Solutions Podcasts  
Reclaim your balance with these engaging podcasts from Beyond Well Solutions.  
LISTEN

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