



Discover Your Path to Better Health

Thinking about taking your health more seriously but not sure where to start? Log in today to the Personal Health Suite and discover an interactive, informative, and easy-to-use tool that can help you get focused and on the right path to better health.

Enroll in an online Healthy Living Program!

Whether you want to lose weight, get more active, decrease your stress level, or learn ways to age healthy, one of the online Healthy Living Programs can help you get started.

- **Easy Start** – Strategies for easing into a healthy lifestyle
- **Weight Loss** – Healthy weight loss and long-term management
- **Get in Shape** – Exercises for improving activity, strength and flexibility
- **Healthier Diet** – Simple food substitutions and plans for healthy eating
- **Healthy Heart** – Nutrition, exercise and stress management for heart health
- **Diabetes-Fighting** – Science-backed lifestyle changes that reduce diabetes risk
- **Cancer-Fighting** – Healthy strategies for reducing cancer risk
- **Smoke-Free** – Personalized tools to help you quit smoking for life
- **Stress Relief** – Useful strategies to fight everyday stressors
- **Healthy Aging** – Ways to look good, feel younger and prevent disease
- **Healthy Seniors** – Help with improving health, maximizing quality of life and maintaining independence
- **Healthy Kids** – Tools and resources to encourage healthier diet and lifestyle choices for kids
- **Custom Program** – Structure a program your way
- **Your Healthy Living** – Maintenance program to help you stay on track

Health & Wellness Assessment

Take this quick and easy assessment to learn what areas you should focus on to help improve your health and receive personalized recommendations for Healthy Living Programs.

Personal Health Record

Keep your vital health information current and easily accessible.

Preventive Reminders

Receive reminders to schedule your preventive health screenings, such as a mammogram or PSA.

Access Your Personal Health Suite

- Go to www.MedCost.com
- Click on “Members”
- Click on “Login”
- Enter your login information, or if you have not registered, click on the link below “First Time Users Click Here to Register” and follow the instructions to set up your account
- Click on “My Personal Health Suite” under the My Personal Health Suite folder on the menu bar

Multimedia Center

Resource for current news on health and wellness topics, as well as over 700 health care videos and 300 audio files.

Interactive Learning Tools and Games

Engaging and fun tools such as virtual fitness trainer, menu builder, and interactive “conversations” related to healthy living and specific diseases and conditions.

Additional Online Resources

Find information on men’s and women’s health, pregnancy and more; explore the medical encyclopedia, find information on surgeries and procedures, and research medications; and much, much more!

Discover the tools and resources available to you!

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