

# Access Wellbeing Services In Healthy Ways ©

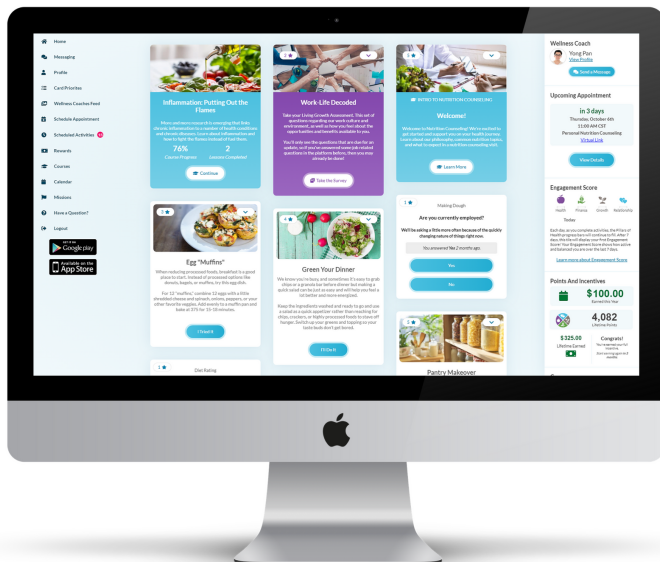


Your **Ramp Health Providers** are experts in their field and are ready to support you through our one-on-one services:

- Nutrition Counseling
- Diabetes Self Management Education And Support (DSMES)

- ✓ One-on-One Sessions
- ✓ 45-60 Minutes Long
- ✓ Offered Virtually
- ✓ 100% Confidential & HIPAA-Protected
- ✓ No-Cost To You\*

\* Nutrition Counseling is a 100% covered benefit under your company's Independence Blue Cross Plan. DSMES sessions are also covered for those with diabetes.



## Health on the Go

Now you can access the platform via app! If you have a smartphone, please download our app so you can view your health information and earn points from anywhere!

Once you have a screen lock set up on your phone, you can save your passwords to log in automatically.

Thanks for the Tip

## Support When You Need It

Working with a Wellness Coaches provider can help you reach your goals from exercise and nutrition to self-care and beyond. Our team is here to provide support tailored specifically to your needs and lifestyle.

Interact in the platform to receive customized content to support you in between visits with your provider.

I Did It

## Sign Up Through Your Healthy Ways© Digital Platform



Schedule Appointments



Take Self-Guided Courses



Receive Healthy Lifestyle Resources & More!



1

Scan the QR code or [CLICK THIS LINK](#) to register.

2

Check your inbox for an email to verify your account.

3

Log in and schedule your appointment.

\*Already have an account? Go to [portal.healthyways.com](https://portal.healthyways.com) to log in and book an appointment

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