

DYNAMIC. INTUITIVE. PERSONALIZED.

MyActiveHealthSM WELLNESS PLATFORM

72%



of people using health and wellness programs
looked for health information on a mobile app.¹

MyActiveHealth uses innovative technology in a focused, fun and convenient way to help people improve their health.



The MyHealth100 score helps members understand their how their health measures up and then offers clear, actionable steps they can take for health improvement.



Purpose-driven journeys encourage members to set health goals and check in daily to stay motivated and accountable as they move toward their committed objectives.



We're tapping into the power of AI and machine learning to deliver timely, personalized content.



Members will find resources to help them gauge their mental health and build resilience in mind and spirit, in addition to content focused on physical aspects of health.

Evidence-based health information at your members' fingertips.



Research-driven design
decisions help make our tools intuitive and engaging.

Deep roots in behavior change
help members create healthy habits that last.

Our mobile first approach
lets us reach members in the moments that matter most.

Put the power of MyActiveHealth in the hands of your members.
Visit us at ActiveHealth.com/Digital to learn more.

[LEARN MORE](#)

¹Amplitude. 2022 App vs. Website Trend Report. Available at <https://amplitude.com/guides/2022-app-vs-website-report>. Accessed January 10, 2024. Reflects monthly active users of health and wellness programs looking for information on mobile apps compared to 28% of monthly active users who looked at websites.



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