Health Services Hub is an easy-to-use online wellness platform designed to help older adults take an active role in managing their health and improving their overall well-being. The platform brings a variety of health and wellness resources together in one convenient location offering tools to support healthy lifestyle choices through proper nutrition, regular physical activity, and access to medical services.

HIGHLIGHTS

- Personalized workouts
- Daily health tips on nutrition, weight-loss, exercise and disease prevention
- Get answers from board certified physician, psychologists, pharmacists and dentists
- Daily health articles
- Health calculators for self-assessments
- Early detection and prevention tests
- Health risk assessments
- Links to hundreds of additional wellness resources

Help Is at Your Fingertips

Go online with the credentials you were provided in your Welcome Kit or your Renewal letter for access to this valuable service.