

# For our *Benefit*

## BEWELL FOR LIFE

- Offers free in-person and virtual programs, services and events to strengthen your health and overall wellbeing.
- Operated by QuadMed, operator of the HII Family Health Centers.
- Wellness programs and services include:
  - One-on-one wellness coaching
  - Wellness Online
  - Fitness classes
  - InBody body composition scans
  - Facilitator-led courses for lifestyle and weight management, diabetes, tobacco cessation, heart health, emotional wellbeing and more.
- BeWell for Life's team includes wellness coordinators, registered dietitian nutritionists, chronic care managers and health promotion specialists.
- Provides access to Wellness Online powered by Personify Health — QuadMed's wellness platform that offers tools to help you get active, eat healthier, improve mental health and more. Plus, Wellness Online makes it easy to track your progress in the Know Your Numbers program. Earn points to win prizes by participating in wellness programs throughout the year.

**Learn more and get started on [hiibenefits.com](https://hiibenefits.com).**



All personal medical information is securely maintained by QuadMed and never shared. QuadMed is a third-party vendor that operates in accordance with federal law restricting the release of medical information.



For eligibility information view your Benefits Guide on [hiibenefits.com](https://hiibenefits.com).