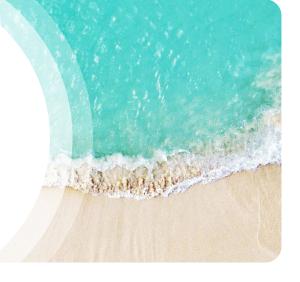




## Personal Pathfinder



Health Advocate's Personal Pathfinder can help you discover the aspects of well-being that are most important to you! By answering a few questions based on our four Learning Pillars of Well-Being: Be Well, Be Balanced, Be Connected and Be Successful, you'll receive personalized recommendations based on your priorities. Explore them within our Learning Center!

## How to get started:

- 1. Log on to the Health Advocate website or mobile app
- 2. Select Well-Being and then click on Well-Being Center
- 3. Click the **Get Started** button on the **Personal Pathfinder** card
- 4. Rate yourself and answer questions based on our four Learning Pillars of Well-Being
- View your score for each pillar and explore the resources recommended to you



You can reassess your well-being priorities by taking the Personal Pathfinder every 90 days!

Doing so can help you further enhance your health and well-being, as well as show you the progress that you're making.





