



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
5. 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.



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