

Welcome to My ePHIT

We are excited to introduce **My ePHIT** — an online personal health improvement training program designed to enhance your overall *WellBeing*. Log on today and take advantage of the many health and wellness tools **My ePHIT** provides.



Exciting My ePHIT Tools:

GetPHIT

- Customized fitness program including cardiovascular, strength and flexibility exercises
- Virtual demonstrations of each exercise

EatPHIT

- Personalized nutrition plan
- Meal planner providing menus and shopping lists
- Calorie and food servings tracker

LivePHIT

- Personal self-improvement program focusing on community and core values
- Life skills management
- Live challenges assessments

FamilyPHIT

- Health and wellness practices for families
- Activity Calendar
- Nutritional navigator
- KidPHIT, TeenPHIT - motivational programs and tools created to help children and adolescents become healthier

Coaching

- Certified personal trainers, registered dietitians and psychologists available online
- 24-hour response
- One-on-one instruction

Clubhouse

- Recipes
- Library of information
- Health and wellness related articles
- How-to's and instruction

My ePHIT Mail

- My ePHIT points can be used to buy down the price or purchase valuable fitness merchandise

Rewards

- Enticing prizes awarded to individuals who make progress towards improving their health

**Don't Wait,
Start Today!**

1. Visit **www.ummedcvty.com**
2. Click on **Members**
3. Complete your login to **My Online Services**
4. Click on **Coventry WellBeing**

If you have any questions about the My ePHIT program, please contact Customer Service at 1-866-693-7448.