

The Next Chapter in Health Care



Using mobile apps can be a convenient way to find the health care solutions you're looking for. Your health plan offers **My Health Novel**, designed to match you with helpful resources and tools based on your specific health needs.

Access health management mobile apps at no cost to you.

Whether you're interested in starting new healthy habits or dealing with a specific health challenge, My Health Novel gives you access to the best programs that can help.

Depending on your health issues, you may find nutrition guidance, digital tools, group support and other programs designed to support you on your journey to better health.

How it works:

1. Log in to **My Health Toolkit®**.
2. Select **Wellness & Care Management**. Choose **Wellness Programs**, then **My Health Novel**. (On the My Health Toolkit app, select **Benefits**, then **My Health Novel**.)
3. Take a quick, one-minute assessment.
4. You'll receive your recommended programs and resources.

Log in to your My Health Toolkit account today to take your assessment and get matched with the best programs for you.



For more information on My Health Novel, log in to your My Health Toolkit account at www.SouthCarolinaBlues.com.