

TRUST
IN YOUR
HEALTH



WELCOME

Introducing a new Health and Wellness Web-based portal that you're going to love. **Trust in Your Health** provides you with opportunities to become a healthier and happier person. Begin your journey by logging on to weatrust.com and clicking on the links, or access the site directly at **TrustInYourHealth.com**. Discover a whole new world and a whole new you at **Trust in Your Health!**

Trust in Your Health—The secret is out!

Does your six pack look more like a tire roll? When you wave does your arm create more wind turbulence than the downdraft from a helicopter? Do you find yourself standing in front of an open 'fridge and grazing for no other reason than it's there? If so, then you need to check out **Trust in Your Health!**

What is Trust in Your Health?

It's your answer to a happier, healthier YOU!

Who knew one finger could hold so much power?

With a click of a button, you'll find a whole new world of interactive intrigue. You'll uncover the secrets to becoming the person you envision in the mirror. You'll be faster, smarter, thinner, and able to leap tall buildings in a single bound...okay that's stretching it a bit, but wouldn't that be fun!

What you'll really find.

Some really cool things that can make your life easier and help you become a healthier, happier person. Oh yeah! You'll be the confident person walking down the street with all the head turners wishing they were you. At **TrustInYourHealth.com**, you can:

- Take your Health Assessment. It's new and improved!
- Get fit with a virtual trainer.
- Take advantage of a variety of online Healthy Living Programs.
- Learn to reduce your stress (while still maintaining your sanity)!
- Find tasty, easy-to-make recipes. (Who knew healthy foods could be so yummy!)
- Track your physical activities and nutrition online.

Who can join? (Pick me! Pick me!)

The magic lies in the card—your WEA Trust health insurance card. If you're a WEA Trust health plan subscriber or a spouse/domestic partner who has the Trust as their primary health insurer, you can use any and all of these services.

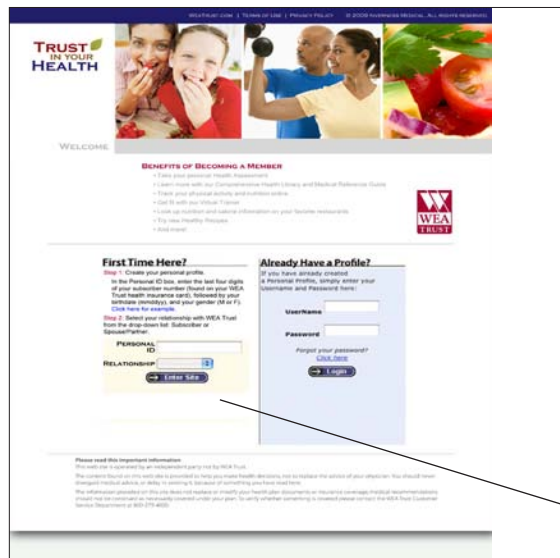
Now what do I do?

Pick a time convenient for you—we're open 24/7 with no waiting. Grab your WEA Trust health insurance card (you'll need it to start). Now log on to **TrustInYourHealth.com** and register today! You'll discover a whole new world to a happier, healthier you!

What you need to know....

1. REGISTRATION PAGE

First time users will need to create a *Personal ID* to continue to the site.



First Time Here?

Step 1: Create your personal profile

In the Personal ID box, enter the last four digits of your subscriber number (found on your WEA Trust health insurance card), followed by your birthdate (mmddyyyy), and your gender (M or F), no spaces. [Click here for example.](#)

Step 2: Select your relationship with WEA Trust from the drop-down list: *Subscriber or Spouse/Partner.*

Personal ID

Relationship

[Enter Site](#)

2. How do I create my own Personal ID?

Instructions are conveniently found in a pop-up box on the registration page. Just follow the *Click here for example* to activate the pop-up box.

Enter the last four digits of your subscriber # 6789 + Your birthdate in mmddyyyy format + The initial representing your gender M

In the above example: Personal ID **678902021978M**

[Close and Return to Login page](#)

3. Where do I go next?

For security purposes, validate your personal information.

Gender Male Female

Birthdate / / mm/dd/yyyy

Personal ID

[Click here for example](#)

[Back](#) [Next](#)

4. Then what happens?

Members fill out a profile page with their name and e-mail information, and then (DRUM ROLL...) get directed to the fun, cool, and engaging, **Trust in Your Health** Web site.



Need help logging on? Contact **Trust in Your Health** Technical Support at (877) 805-0738.