

Wellness Services *(powered by ActiveHealth)*



Nippon Life Benefits Wellness Services – we want to help you be the HEALTHIEST you!

We have great news! Included in your medical plan, is a personalized Wellness program that is focused on your health. To help you achieve your wellness goals, we have 2 programs. Our Wellness Services Web Portal and Health Actions.

Wellness Services Web Portal

All about your health. Your information. Your life. Your goals.

- Get actions items tailored just for you
- All of your health information where and when you need it, in one secure location
- Use trackers for healthy eating and exercise
- Get fast links to vital health information when you need it

Register today by logging into the Nippon Life Benefits member portal:

www.nipponlifebenefits.com/members

Once you are logged in, click on the ‘Wellness Portal’ link under Resources (*on the right hand side*). This will take you to the log in screen for the wellness portal. To make things easy, after

registering and signing into the portal for the first time, you don’t have to sign in again!

If you should have questions about registering, please call **877-518-0770** and **press 3** for portal support.

Health Actions

As part of your health benefits, you may receive a letter called a Health Action. With our robust wellness program, we are able to look at your current healthcare situation to ensure you are receiving the best care possible.

A Health Action can:

- Suggest medical screenings, tests, or treatments that may help you
- Inform you about opportunities for better healthcare
- Alert you of potential drug interaction issues
- Prompt you to further discuss your healthcare road map with your provider

Should you receive a Health Action and have questions, please call **877-518-0770**.