



MEMBER FACT SHEET

Online health hub

GU Health's online health hub is designed to help you live well. So jump on and start using the tools, tips and information to learn more about your personal health and wellbeing.

Take the health risk assessment (HRA)

Diabetes, high cholesterol and heart disease are just some of the conditions that can creep up on you. Quick and easy to use, anonymous and secure, the HRA questionnaire measures your health risk, determined by your genetic and lifestyle factors.

Based on medical science, your personalised report can be a powerful awareness-raising tool.

You'll also receive specific and practical recommendations about lifestyle changes that could have a major impact on your health. As they say, prevention is better than cure!

Consume your wellness emails

Sure, we all want information on how to stay healthy but there's just so much out there and not enough time to sift through it all. When you sign up to the online health hub you get fortnightly emails. These HealthBytes are easy-to-read personalised health and wellbeing e-mails delivered to your inbox. They cover key lifestyle topics, as well as information on many common medical conditions. The practical

information keeps you informed on health topics relevant to you, so you're more engaged with your own overall wellbeing.

Be the boss of your own health

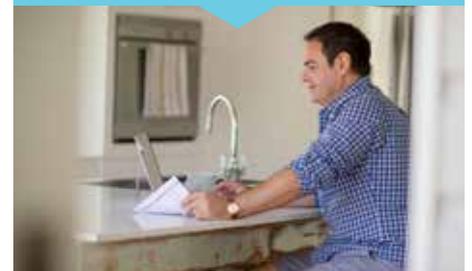
So you've heard that you might be susceptible to a few things, or your partner has just been diagnosed. The online health hub gives you access to a range of comprehensive health and wellbeing resources that'll enable you to learn more about the condition you're dealing with.

As well as fresh, accurate and regularly-updated content, the tools, calculators, quizzes, graphs and recommendations are a great way to find the guidance you need to better manage your health.

Get smart online

Delve into the interactive learning experiences in the online health hub, designed to encourage you to manage your condition or assist you in making positive changes. What more could you want? You get to learn in the comfort of your own space, giving you more time to get outside, exercise and do the things you love! ●

Get onto the online health portal today by going to guhealth.com.au and logging into Online Member Services.



For further information about your GU Health cover or any queries relating to this document, please contact your GU Health Member Relations Team on **1800 249 966** or email corporate@guhealth.com.au

Updated October 2018. The information contained within this document is current from the publication date and is subject to change. If you're planning a treatment for which you anticipate a benefit from GU Health, contact us in advance to confirm your benefit entitlement.

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