



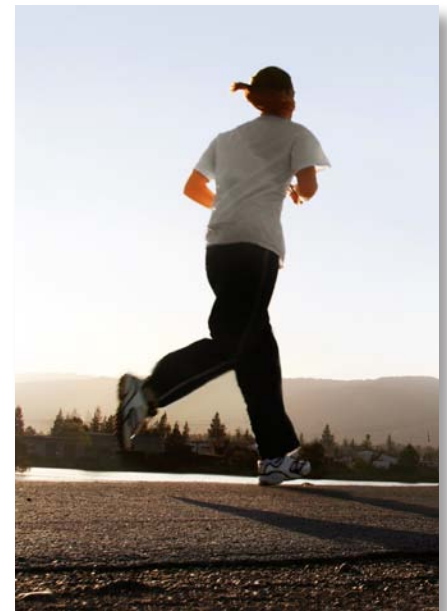
Discount medical plans are provided by Patriot Health Florida, Inc., a discount medical plan organization. The plans are not health insurance policies. The plan provides discounts at certain health care providers for medical services and does not make payments directly to the providers of medical services. The member is obligated to pay for all health care services but will receive a discount from those health care providers who have contracted with Patriot Health Florida, Inc., located at 160 Eileen Way, Syosset, New York 11791. Not available in MT, ND, SD and VT.

Let MyEWellness help you take the first step!

MyEWellness provides you with your own comprehensive exercise program that aims to help you achieve your personal goals regardless of your age or gender, your access to equipment or your level of experience.

As a member, you will receive daily wellness articles, individual home fitness programs, assessment calculators, disease prevention studies, health tips, guidance on nutrition, weight loss and exercise as well as additional links to other professional sites and a member forum.

The goal of MyEWellness is to help improve your total quality of life.



How to access this program:

1. Go to the website and click New Member, or call the toll-free number.
2. On the login page, enter your First Name, Last Name, ID Number and Password, then click Continue. (Both your ID Number and Password will be your Membership Number listed on your membership card. You will then be prompted to choose a new password to one that you can remember easily).
3. Once inside the website, Click on e-Health to receive daily updated articles and tips on health and wellness. Click on e-workout to take a self-assessment test and get a fitness program based on your own personal goals. Try out the fitness calculators to track your results and learn about the fundamental ingredients of a successful wellness program from professionals.