



## A Northwell physical well-being resource made for you

### RECOVERY PLAN

Get help with your common aches, pains, and injuries



Access a free confidential online health assessment which will determine what the best care setting is for you. If appropriate, you will receive an exercise program and education to help you to manage your own recovery. Your responses will allow us to recommend the best care setting for your injury, including physical therapy, a physician or urgent care through your own health plan network.

**Small changes make a big difference**

**REGISTER TODAY!**

### PREVENTION PLAN

Receive a specific exercise program



Improve your strength and flexibility with a 24/7 free online well-being resource that empowers you to improve your physical health. Developed by expert clinicians, myHealthyBody provides an online health assessment and tailors a program of strengthening and stretching videos and other educational resources for you, based on your specific needs and job role.

### myHealthyBody Well-being Toolkit



An information hub for physical health and well-being:

- ✓ **Take5 Exercise Videos:** Have a quick, healthy exercise break with a 5-minute exercise program
- ✓ **Access resources:** Heart Health & Walking
- ✓ **Optimize home working:** receive tips on how to move more in your daily life