



# Your online resource for better health

When it comes to health and well-being, there's a lot of information available – but it's right, wrong or somewhere in between. Sometimes it's clear and sometimes it's not. How can you find current health information that you know is reliable?

Manulife's **Health eLinks® library**, available on the Manulife Plan Member Secure Internet site, offers direct access to high-quality information from a credible source. Powered by MediResource, Inc., a leading provider of interactive health information, tools and technology, **Health eLinks** connects you to tools that can help you understand and improve your overall health and wellness.

## Easy access to health information

Compiled by the in-house team of clinical health care professionals at MediResource, Health eLinks delivers:

**Health risk assessment** – This powerful tool helps you evaluate your current health and identify potential health risks through a series of interactive questions. Scores are supported by proven 'evidence-based' results that have been validated through documented research and credible sources.

**Health library** – This comprehensive resource centre, written and maintained by the health care professionals, medical writers and editors at MediResource, Inc. includes:

- **medications library** – a searchable drug database that provides unbiased drug information (find out why a drug is used, how it works, possible side effects and more);
- **conditions database** – provides details on the causes, symptoms, treatments and more for thousands of diseases and conditions such as asthma, depression, high blood cholesterol, high blood pressure and diabetes;
- **tests and procedures database** – delivers credible information to help answer questions about diagnostic tests, medical terms and procedures.

**Personal health improvement** – Create a personal health improvement program based on your results from the health risk assessment and use the handy online tools to monitor your progress as you work toward your goals.

## Access is easy

Already registered? If you're registered on Manulife's Plan Member Secure Internet site, you can access Health eLinks now (from the menu, click on Health eLinks).

**Not registered yet?** It's easy.

- Go to **[www.manulife.ca/groupbenefits](http://www.manulife.ca/groupbenefits)** and click on "Plan Member" and enter your plan contract number.
- On the Plan Member Welcome page, click on "Register".
- Provide the required information (if you're not sure of your plan and certificate numbers, check your group coverage ID card or find the numbers on the claims statement attached to a previous claim cheque).
- Submit the completed information and follow the directions on the page.

Once you've received your personal login information, you'll have access to all online information available to your plan, including Health eLinks.



## Online resources, reliable information, easy access

Manulife's Health eLinks is a great way to learn more about your health and, more importantly, how to take good care of yourself.

## Encourage health and embrace the benefits

**Health eLinks** is available to all Manulife Group Benefits plan members as part of Manulife Financial's **Health for Life**® program.

### About MediResource, Inc.

A pioneer in interactive health, building websites and educational health programs for physicians and pharmacists since 1996; MediResource is a leading provider of health information, decision support tools and online health technologies. They are also one of the country's leading operators of consumer health portals.



Health eLinks®, Health For Life® and Manulife Financial Group Benefits are offered through Manulife Financial (The Manufacturers Life Insurance Company).

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