



# myhealth

CareSource is excited to include MyHealth\* in your Indiana benefit package at no cost to you.

## MyHealth is an online tool to help keep you healthy. Online you can:



Take an interactive Health Assessment



Find step-by-step guides on specific health needs



Track exercise goals



And use other helpful health tools!

## MyHealth has information on:



Getting Active



Sleeping Well



Stressing Less



Losing Weight



Eating Healthy



CareSource.com

**You can also earn gift cards for doing healthy activities on MyHealth!**

CHOOSE FROM ACTIVITIES LIKE:



Indiana Health Needs Summary



Smoking Cessation



Online Health Journeys



Preventive Care and Vaccines

To see all of the rewards available to you, check out your rewards page. Log in to **MyHealth** to see your reward page. To get started, simply sign on to your My CareSource™ account at **MyCareSource.com**.

If you have any **questions about MyHealth**,  
please **contact Member Services** at **1-844-607-2829**  
(TTY: 1-800-743-3333 or 711) or go to **CareSource.com**.

**MyHealth is available for CareSource members 18 years of age and above**

This content is for informational purposes only, does not constitute medical advice, and is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of a physician or other qualified health provider with any questions you may have.

CareSource complies with applicable state and federal civil rights laws and does not discriminate on the basis of age, gender, gender identity, color, race, disability, national origin, marital status, sexual preference, religious affiliation, health status, or public assistance status.

Si usted o alguien a quien ayuda tienen preguntas sobre CareSource, tiene derecho a recibir esta información y ayuda en su propio idioma sin costo. Para hablar con un intérprete, Por favor, llame al número de Servicios para Afiliados que figura en su tarjeta de identificación.

如果您或者您在帮助的人对 CareSource 存有疑问，您有权 免费获得以您的语言提供的帮助和信息。如果您需要与一位翻译交谈，请拨打您的会员 ID 卡上的会员服务电话号码。



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