



Healthy employees = happier and more productive employees.

Visit the [Wellness Management Center](http://www.onedigital.com) at www.onedigital.com.

Digital's Wellness Management Center provides abundant resources and interactive tools to guide you and your employees to healthier lifestyles. You'll learn about risks for illness and disease, while receiving valuable information about how to improve your daily practices and behavior.

Key features include:

- A health risk assessment
- Health education lessons
- Health logs and trackers
- Wellness calculators
- Self-care resources

You expect health insurance to assist when you or a family member are sick. Did you know by working with OneDigital, you also get help staying well? Digital's Wellness Management Center provides abundant resources and interactive tools to guide you and your loved ones to healthier lifestyles. Best of all, your information is always accessible to you regardless of your carrier affiliation.

Visit our [Resource Center](#) for this and other tools from OneDigital.

*This Center was developed in partnership with the **Duke University Center for Living**. All information is confidential and everyone is fully protected by HIPAA regulations to ensure privacy of health information.*