



## Personal Pathfinder

Further enhance your health and well-being this May!

Log on to the Health Advocate website or app to complete your Personal Pathfinder by **May 31<sup>st</sup>** to be entered into a prize drawing courtesy of **Mary Baldwin University!**

You can reassess your well-being priorities by taking the Personal Pathfinder every 90 days!

*All completions from Jan. 1, 2024—May 31, 2024 will be eligible.*

### How to get started:

1. Log on to the Health Advocate website or mobile app
2. Select **Well-Being** and then click on **Well-Being Center**
3. Click the **Get Started** button on the **Personal Pathfinder** card
4. **Rate yourself and answer questions** based on our four Learning Pillars of Well-Being
5. View your score for each pillar and **explore the resources recommended to you**



Health Advocate's Personal Pathfinder can help you discover the aspects of well-being that are most important to you! By answering a few questions based on our four Learning Pillars of Well-Being: Be Well, Be Balanced, Be Connected and Be Successful, you'll receive personalized recommendations based on your priorities. Explore them within our Learning Center!



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