



Empowered

Health and Wellness Member Portal

HAP Empowered members have access to an online health risk assessment with self-management tools through our Health and Wellness portal. The portal is an interactive health planner that helps members turn goals into healthy actions through continuous engagement.

Click the Register/Login link and then select Health & Wellness to get started today.

The member Health and Wellness portal provides:

- Online Health Risk Assessment
- Personal Health Record
- Health Library
- Health Trackers
 - Exercise, Nutrition
 - Blood pressure
 - Cholesterol, Hemoglobin A1C, Peak flow
 - Pain rating, Stress
 - Tobacco use
 - BMI
- Self Management Programs
 - Preventive Care
 - Back Pain
 - Exercise
 - Nutrition
 - Pregnancy
 - Stress Management
 - Tobacco Cessation
 - Weight Management
 - Asthma
 - Coronary Artery Disease
 - Diabetes
 - Hypertension