

New MyHealth Website and App Coming February 1

The MyHealth program is changing! The fun, new program and website will be available beginning February 1, 2018.

We highly encourage you to attend one of our upcoming Sneak Peek sessions to learn more about our exciting new wellness opportunities.

Additionally, should have received a letter in the mail detailing some of the wellness changes as well as the new wellness guide.

- **Wednesday, January 24th:** 7:30 - 8 a.m. (on campus and all HCNW*)
- **Wednesday, January 24th:** 11:30 a.m. - 12 p.m. (on campus and all HCNW* and KCCS*)
- **Wednesday, January 24th:** 6 - 6:30 p.m. (on campus)
- **Thursday, February 8th:** 7:30 - 8 a.m.; 11:30 a.m. - 12 p.m., OR 5 - 5:30 p.m. (on campus)
- **Thursday, February 15th:** 7:30 - 8 a.m.; 11:30 a.m. - 12 p.m., OR 6 - 6:30 p.m. (on campus)

* *Video conference session*

No sign up required...just walk in! Please check the classroom scheduler for session locations.

A video of the sneak peek session is posted on the Kloud.

Please don't hesitate to contact the MyHealth staff at 208.625.6464 or at MyHealth@kh.org if you have any questions.

Thank you for your patience as we transition!

