

# Introducing Hally™ Health



When it comes to your health and wellness, we've got you covered.

We know with everything going on in life, staying healthy is easier said than done. That's why Hally™ health is all about helping you live your healthiest life. If you visit [hally.com](http://hally.com), you'll find plenty of resources and support - with no login or extra steps needed! You'll get:

- Exercise classes, health courses and cooking demos.
- The Hally blog.
- The *Hally Healthcast*, our wellness podcast led by medical experts.
- Health tips, coaching and information on care coordination.
- Too much more to even mention.

You can also download the Hally app or sign in to [hally.com](http://hally.com) to stay in the know. Once you log in, you'll get instant, secure access to your coverage anytime, anywhere. You can:

- See all your account activities in one place.
- Access your Virtual ID card.
- Search for doctors and other resources.
- Quickly connect with a doctor over virtual visits.
- Get doctor match and cost estimates.

Staying healthy isn't easy, but you've got this!

Visit [hally.com](http://hally.com) for more information, and find the Hally app on the App Store or Google Play.

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