

# Great-West's Health and Wellness Site

Health information whenever you need it

The screenshot shows the homepage of the Great-West's Health and Wellness Site. At the top, there is a navigation bar with links: Health Home, Personal Health Risk Assessment, Drugs, Conditions, Tests and Procedures, Community Support, Health Tools, and Health Features. The main content area features a large banner with the text "How Healthy is your life? Take the Personal Health Risk Assessment to find out." and a "Start now" button. Below this, there is a section titled "Welcome to your online centre for health information:" followed by a list of featured articles, including "Learn how to de-stress when you need it most," "Packing healthy lunches," "Are you at risk of injury?," "Helping your body beat stress," "Gum disease," and "It's all in the timing." To the right, there is a search bar and a "SEARCH HEALTH" button. Below the search bar, there is a "How healthy is your life?" section with a "START NOW" button. Further down, there is a "Helpful Links" section with links to "The losing formula for your weight" and "Know your knees Exercise Stress Test." Below that, there is a "Subscribe to Great-West's Free Health newsletter!" section with an "Enter Email Address" field and a "Subscribe" button. At the bottom, there is a "Health Newsletter Archive" section with a "SEE ALL NEWSLETTERS" button and a "Health Centres" section with links for "Men" and "Women." The "Top 10 Articles" section lists "Tylenol NO. 3 with Codeine" as the top article.

To access the site please use this link:

English Site: <https://greatwestlife.mediresource.com/?account=ColdLakeAmbulance>

French Site: <https://greatwestlife.mediresource.com/?account=ColdLakeAmbulance&lang=fr-CA>

Employees can access the Health & Wellness site directly via this URL, and once inside, can create their own user ID.

Visit Great-West's [Health and Wellness Site](#) and discover the benefits of our online health resource for you and your plan members.

The site offers:

- In-depth information on diseases, conditions, drugs and treatment options
- Regularly updated health features on a wide variety of topics important to your health
- Community support resources listed by location
- Health tools and quizzes, including our [improved Personal Health Risk Assessment](#), which helps you learn how your lifestyle influences your health.