

# 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 for a "How Healthy is your life?" assessment, a "Most Popular Health Tools" section with icons for Symptom Checker, Baby Due Date Calculator, Ideal Weight Range Calculator, Diabetes Complication Tool, and Heart Disease Risk Calculator, and a "Health Newsletter Archive" section. A sidebar on the right contains a search bar, a "How healthy is your life?" assessment link, a "Helpful Links" section, a "Subscribe to Great-West's Free Health newsletter!" form, and a "Health Centres" section.

**How Healthy is your life?**  
Take the Personal Health Risk Assessment to find out. [Start now](#)

Welcome to your **online centre for health information:** thousands of in-depth, physician-reviewed articles on drugs and conditions, as well as the latest feature articles, and other resources.

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](#)  
[It's all in the timing](#)

**Most Popular Health Tools**

- [SYMPTOM CHECKER](#)
- [BABY DUE DATE CALCULATOR](#)
- [IDEAL WEIGHT RANGE CALCULATOR](#)
- [DIABETES COMPLICATION TOOL](#)
- [HEART DISEASE RISK CALCULATOR](#)

Our health toolkit contains tools that enable you to perform **risk assessments, simple diagnosis, condition tracking** as well as improving your general knowledge on many different health conditions. Some tools provide instant analysis and feedback. [SEE ALL TOOLS](#)

**SEARCH HEALTH** ENTER SEARCH HERE [GO](#)

**How healthy is your life?**  
Take the **Personal Health Risk Assessment** to find out  
[START NOW](#)

**Helpful Links**

- [The losing formula for your weight](#)
- [Know your knees](#)
- [Exercise Stress Test](#)

**Subscribe to Great-West's Free Health newsletter!**

Enter Email Address [Subscribe](#)

I have read and accept terms of the Privacy Policy

**Health Newsletter Archive**

Browse our [Health Newsletter Archive](#)  
[SEE ALL NEWSLETTERS](#)

**Health Centres**

- [Men](#)
- [Women](#)

**Top 10 Articles**

- [Tylenol NO. 3 with Codeine](#)

To access the site please use this link:

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

French Site: <https://greatwestlife.mediresource.com/?account=PrairieNorth&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.