



Welcome to GoodForYou

Here's a quick guide to
get you started



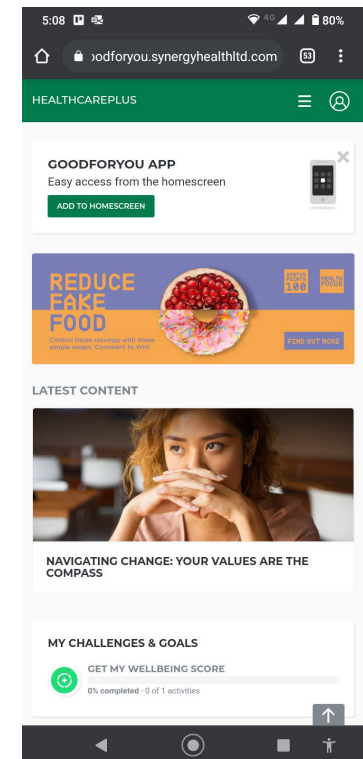
GETTING STARTED

1. Follow the link below to sign up. If you are on mobile, you can scan the QR code.
<https://info.healthcareplus.org.nz/good-for-you>
2. If you are a HealthCarePlus policyholder, click the CTA "Sign up for GoodForYou" to register. Please use your registered email with us so you can get free access.

If you are not a HealthCarePlus policyholder, please fill out the form to join us as an Associate Member, then you will be eligible to sign up to get access for just \$4 per month.

3. Complete the registration process (Company Code: goodforyou)

Please note if you register or login via a mobile device, you will be prompted to save the Health Hub app icon to your home screen





GoodForYou is available as an app so you can access it from anywhere at any time.

1. Go to your App store



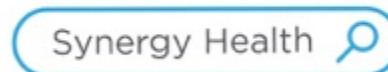
Apple
App Store

or



Google
Play Store

2. Search for Synergy Health



3. Look for this logo



Synergy Health



Dora Nguyen

Logout

My Profile

Wellbeing Scorecard

About

My Report

Questions

Smoking

Alcohol Intake

Physical Inactivity

Waist Circumference

Reduce Fake Foods

Eat Real Food

Move Slowly Lots

Move Quickly Once in a Wh...

Get Strong

Get Adequate Sleep

Get Adequate Sunlight

Play

Manage Your Thinking

HEALTH QUESTIONNAIRE

The first step is to complete your Health Questionnaire, to begin click on the tab found on the left hand side of you home screen.

WELLBEING SCORECARD SMOKING

Smoking

- Alcohol Intake
- Physical Inactivity
- Waist Circumference
- Reduce Fake Foods
- Eat Real Food
- Move Slowly Lots
- Move Quickly Once in a While
- Get Strong
- Get Adequate Sleep
- Get Adequate Sunlight
- Play
- Manage Your Thinking
- Engage Yourself
- Your Financial Wellbeing

[VIEW MY REPORT](#)

Have you ever smoked more than 100 cigarettes in your life?



- ☐ Yes
- ☒ No
- ☐ Don't know or don't want to respond to this question


If you are a current smoker, how often do you smoke?



- ☒ I am not a current smoker
- ☐ Less often than once per month
- ☐ At least once per month
- ☐ At least once per week
- ☐ At least once per day
- ☐ Don't know or don't want to respond to this question

Are you regularly exposed to second-hand smoke?





Dora Nguyen

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HEALTH REPORT

When you complete your questionnaire you'll receive helpful feedback and a Healthy Habit Score. You can update the questionnaire as you improve

MY PROFILE



Dora Nguyen

Status ⓘ

Bronze ●

Status Points

200

Wellbeing Score

7.7

Lists Subscriptions

3

Content Favourited

0

COMPANY SETTINGS

Are you a Health Care PL...

Yes

Union Status

Non-Union

MY CHALLENGES & GOALS

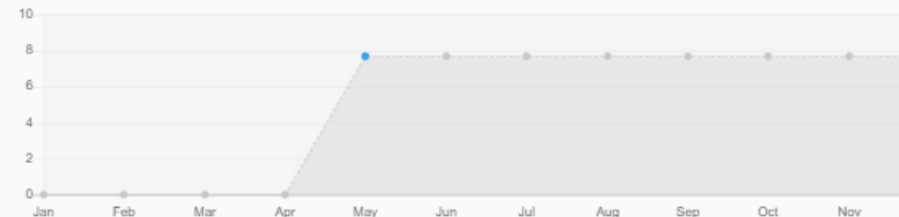
WELLBEING SCORECARD

ACHIEVEMENTS

REWARDS

HEALTHY HABITS (2021)

Last updated on 10 May 2021,



7.7

RESULT: GOOD

Improve your score by creating new healthy habits. You can learn how with the content we recommend for you

VIEW RECOMMENDED



REDUCE FAKE FOODS



EAT REAL FOOD



MOVE SLOWLY LOTS



MOVE QUICKLY ONCE IN A WHILE



GET STRONG



GET ADEQUATE SLEEP



GET ADEQUATE SUNLIGHT



PLAY





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Recommended

FOLLOWING

Food & Nutrition

Movement & Exercise

Sleep Health

[More topics](#)

MORE

Platform Support

Based on your HQ you'll be directed to resources that will help you create real change and achieve optimal wellbeing. These resources will appear on your home screen under "Recommended For You".

ENGAGE YOURSELF

YOUR SCORE

6

UPDATE ANSWERS

You have indicated you are often satisfied with how you spend your time

How you spend your time inside and outside of the workplace has a big impact on your overall health and wellbeing. If you are satisfied with how you spend your time, this will have a positive impact on your overall health and wellbeing. You can improve this further by being more proactive. If you haven't already done so, familiarise yourself with your personal values - the things that matter most to you - and identify some ways you can plan your week to purposely promote your values.

[Show more](#)



PLANNING FOR THE BEST YEAR YET!



WATER SAFETY



PASSION SEEKING -PART 2



John Doe

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Recipes

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Workshops

CONTENT

Content is available through various mediums and can be accessed through the Browse Content tab.



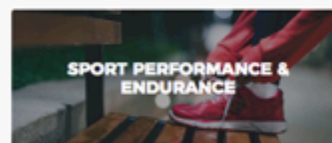
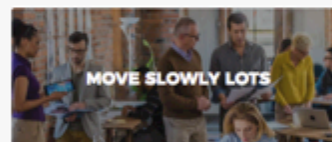
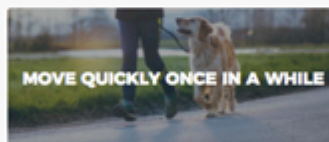
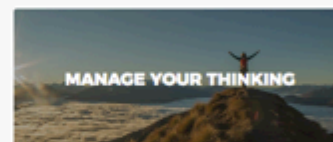
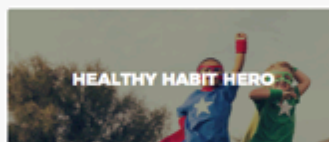
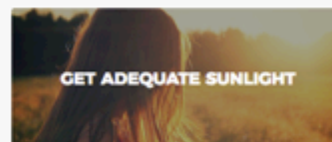
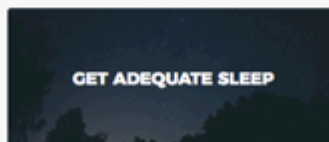
PODCASTS






CLIPS







ARTICLES




 **Dora Nguyen**
Logout

-  My Profile
-  Wellbeing Scorecard




GENERAL

-  Dashboard
-  Browse Content
-  Special Offers
-  Challenges & Goals

MY CONTENT


-  Recommended

FOLLOWING


-  Food & Nutrition
-  Movement & Exercise
-  Sleep Health

[More topics](#)

MORE

-  Platform Support

ADMIN

-  Upload Member File

TEACHERS' CORNER

FILTER TOOLS



Search content

+ FOLLOW

TOPICS

COVID-19 TOOLKIT

EVENTS

FINANCIAL WELLBEING

FOOD & NUTRITION

HEALTHY HABIT HERO

JOINT HEALTH

LEADERSHIP

LIFESTYLE

MEN'S HEALTH

MENTAL HEALTH

MINDFULNESS

MOVEMENT

CONTENT

**HOW TO BE A LITTLE MORE MCCAWESOME**

A New

★★★★★ |  

Learn how Richie became one of our greatest leaders and Rugby players of all time.

**WAYS TO HANDLE CONFRONTATIONS WITH CONFIDENCE - PART 3**★★★★★ |  

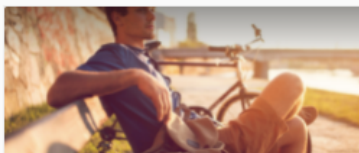
In Part 3 of this series we explore 5 additional ways to more confidently handle confronting situations.

**WAYS TO HANDLE CONFRONTATIONS WITH CONFIDENCE - PART 2**★★★★★ |  


In Part 2 of this series we explore 5 additional ways to more confidently handle confronting situations.

**WAYS TO HANDLE CONFRONTATIONS WITH CONFIDENCE - PART 1**★★★★★ |  

In Part 1 of this series we explore 5 ways to more confidently handle confronting situations.

**PSYCHOLOGICAL DETACHMENT - SWITCHING OFF FROM WORK**

Recommended

★★★★★ | 


Learn strategies to help you mentally switch off from work and recover in your downtime.

**THE IMPORTANCE OF 'ALONE TIME'**★★★★★ | 

How to prioritise taking time for yourself and doing nothing.

**SIGNS AND INDICATORS OF WORK-RELATED STRESS**

Recommended

★★★★★ | 


Check in with the indicators you may be suffering an unhealthy level of work related stress.

**FIVE TIPS FOR DEALING WITH STRESS**

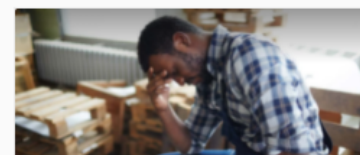
Recommended

★★★★★ | 


Dr Libby offers tips for reducing your stress response.

**HOW TO HANDLE FEELING UNSETTLED IN 5 EASY STEPS**★★★★★ | 



How to minimise the impact of feeling lost

**7 STEPS TO REDUCE YOUR STRESS AT WORK**

Recommended

★★★★★ | **BEATING WORK STRESS**★★★★★ | 

Stress at work is sometimes out of your

**DO YOU NEED A WORK-LIFE BALANCE?**★★★★★ |  

Learn why understanding your personal



John Doe

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SELF-STARTER CHALLENGES

Challenges are available for you to register and start on a date that is suitable for you. These are accessed through the 'Challenges & Goals' tab.

CHALLENGES & GOALS



CONNECT

0% completed - 0 of 5 activities



RESILIENCY

0% completed - 0 of 14 activities



SHIFT - EURO SUMMER ROAD TRIP

11% completed - 6 of 53 activities

ALL RECOMMENDED



SUGAR CRASH

Sugar is increasingly common and well-hidden. Learn how to reduce it.



DEFUSE

Getting through difficult interactions



FUNCTIONAL FITNESS

Find your fitness foundation



GRATITUDE

Learn how gratitude affects your attitude



DIGITAL DETOX

Take a break with digital detox



IT STARTS WITH FOOD

Health and wellness starts with food.



GO PRIMAL

Live like your ancestors (but with clothes on)



BACK TO BASICS

Get 'back' in action



DRIVE SAFELY

Do you know how to drive safely?



MIND, BODY & SOUL

The mental health challenge



SLEEP SMARTER - LEVEL 1

Introductory level sleep improvements.



SLEEP SMARTER - LEVEL 2

Our advanced challenge designed to help improve the quality of sleep



POWER UP

Learn to manage your energy levels to help improve your productivity.



SAFETY FIRST CHALLENGE

Safety first!

POINTS, STATUS, REWARD

You will earn points and badges for reading articles, watching clips, listening to podcasts and completing challenges. All you have to do is use the site to earn points and upgrade your Status from Bronze to

Silver then our expert level GOLD!

More Points = Higher Status = Greater Rewards

The screenshot displays a user profile for 'John Doe' with a status of 'SILVER' and 1640 points. The profile includes a sidebar with navigation links, a main content area with a status overview, and a section for challenges. The status overview shows the current status (SILVER) and the next status (Gold, 3,000 pts). The current challenge is 'SHIFT - EURO SUMMER ROAD TRIP' with 0% completion. The previous challenges are represented by icons: a person running, a person walking, a person sitting, and a person standing.

MY PROFILE

John Doe

Status Points: 1640

Health Report Score

Lists Subscriptions

Content Favourited

SILVER

Next status: Gold (3,000 pts)

As you earn points you'll improve your status. When you achieve a higher status you'll have access to better rewards and benefits, including prizes!

MY CHALLENGES & GOALS | **HEALTH REPORT** | **ACHIEVEMENTS** | **REWARDS** NEW

CURRENT

SHIFT - EURO SUMMER ROAD TRIP

0% completed - 0 of 53 activities

[+ Add more](#)

PREVIOUS

Icons representing previous challenges: Running, Walking, Sitting, Standing.



John Doe

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Special offers are available through the 'Special Offers' tab. The special you receive will be determined by your Status, as you move through Bronze, Silver and Gold the better the offers you'll get.

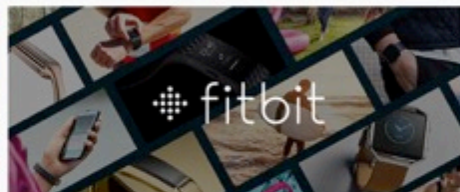
SPECIAL OFFERS

FILTER TOOLS



Search content

100



CONTENT PROVIDERS



Dr Libby
Leading Nutritional
Biochemist



Ben Warren
Nutritionist &
Holistic Health Expert



Bevan James Eyles
Leader in the
Fitness Industry



Lance Burdett
Resilience
Coaching Specialist



YWCA
Resources for Women



Nick Wignall
Clinical psychologist
and author



**Yoga, Pilates,
Meditation clips**







Tim Jones
The Grow Good Guy
& B Corp Ambassador


You can invite up to 5 family members and/or friends to join you for FREE on the journey towards getting the most out of life.


Click on 'Profile', 'Settings' which can be found on the top right hand side of the homescreen, click 'Family Members', add their details and email them the link to register.

HEALTHCAREPLUS - GOODFORYOU


 Dora ▾


 **Dora Nguyen**
Logout


 My Profile


 Wellbeing Scorecard ▾

GENERAL


 Dashboard


 Browse Content


 Special Offers

 Challenges & Goals


MY CONTENT


 Recommended


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FOLLOWING

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 Movement & Exercise

 Sleep Health

[More topics](#)

MORE

MY SETTINGS

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Family and Friends

Cookie Preferences

Manage Account

FAMILY MEMBERS

You can invite up to **5 Family Members or Friends** to participate with you in this program. Here's how:

Step 1
Enter their email address and click '**Save**' to save them to your profile.


Step 2
Click the envelope beside their email address. This will send them an automated email with a link they can click on to register.


Email #1


Email #2


Email #3


Email #4



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