GoodForYou   User Guide

GoodForYou is provided free of charge to all HealthCarePlus policyholders and family members. There are many special offers on products and services and new ones being regularly added so check them out. You can read helpful articles on health, parenting, exercise, recipes and many other topics.

There are challenges and competitions to take part in and information about the free benefits that come with your health cover.

goodforyou.synergyhealthltd.com

GoodForYou

Register your account

First Name | Last Name

Email

Password

REGISTER

Getting Started

1. Scan this QR code and follow the link or go to *info.healthcareplus.org.nz/good-for-you*

2. If you are a HealthCarePlus policy holder, click the CTA "Sign up for *GoodForYou*" to register. 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 signup.

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

If you register or login via a mobile device, you will be prompted to save the **Health Hub** app icon to your home screen.

Your GoodForYou Journey Begins!

HealthCarePlus**'s** GoodForYou platform **is packed full of health and wellbeing related information and initiatives.**

Visit info.healthcareplus.org.nz/good-for-you

GoodForYou brings all you need to measure, track and improve your everyday physical and mental wellbeing, into one easy place.

Get Health Report

Complete your confidential **Wellbeing Scorecard** to receive your personalised **Health Report**.

Topics

Check out the **Topics** including articles, recipes, workouts and podcasts, "follow" any that interest you.

Challenges

Explore the library of interactive **Challenges** that you can participate in at any time.

Special Offers

Take a look at the **Special Offers** that give you access to a range of wellbeing related products and services at discounted rates.

Jane

Settings

Email Notifications

You can choose how frequently you are emailed by GoodForYou and what you are notified about.

1. Go to your **Email Notifications** within **Settings.**

2. Choose the frequency, day and time you would like to receive content updates.

3. Tick or untick the boxes relating to the various content types to determine what content you receive updates about.

Rewards

Go to Rewards within your profile **to see what prize opportunities are currently up for grabs.**

Family and Friends

Invite Family and Friends to access Health Hub.

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

Go to **Settings** and follow the instructions in the **'Family and Friends'** section.