



# LEVEL 3 HAS ARRIVED!

## HEALTHY TEAM HEALTHY U LEVEL 3 IS NOW AVAILABLE TO PEBB MEMBERS!

Take your health to the next level with advanced activities and additional tracking capabilities for more experienced participants. New topics include cross training, strength training methods, and heart healthy diets. Eligible PEBB members\* can receive a clinically-validated digital blood pressure monitor to track their progress on the HTHU website. We recommend you complete HTHU Level 1 and Level 2 before moving on to Level 3.

[START TODAY!](#)

\*Members with hypertension, pre-hypertension, who do not know their blood pressure status, or who are taking blood pressure medication are eligible to receive a home blood pressure monitor.

Have questions about signing up? We would love to help.  
Give us a call: [1-\(855\)-483-2667](tel:1-855-483-2667) or email: [info@provatahealth.com](mailto:info@provatahealth.com)