

Healthy Team Healthy U®

HAVE FUN, GET FIT, & CRUSH YOUR GOALS TOGETHER!



First-time Level 1 participants receive a hi-tech pedometer and workbook at no cost! HTHU Level 1 is built to give you a great foundation of knowledge and skills proven to help you increase your physical activity, eat more fruits and vegetables, decrease high blood pressure and improve mood and depression.

First-time Level 2 participants receive a strength band and workbook at no cost! HTHU Level 2 builds on the skills and knowledge gained in Level 1, helping you take your health to the next level. We recommend completing HTHU Level 1 before moving on to Level 2.

Take your health to the next level with advanced activities and additional tracking capabilities for more experienced participants. Eligible PEBB members* can receive a digital blood pressure monitor to track their progress. We recommend you complete HTHU Level 1 and Level 2 before moving on to Level 3.



PEER SUPPORT



ADVANCED
ACTIVITY TRACKING



ESSENTIAL TOOLS



EXERCISE & COOKING
VIDEO SERIES



REAL-TIME RANKINGS



RESULTS

*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 with level 3.

If you have questions or would like more information, we are happy to help.
Please contact us at **1-855-483-2667** 9am to 5pm weekdays or email us at: info@provatahealth.com