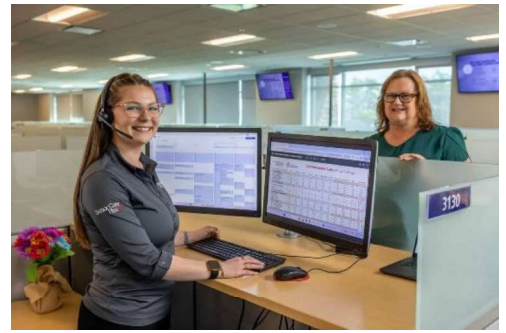


Member Health & Wellness Support

The Hometown Health Health Library

We encourage you to visit our Health Library at HometownHealth.com/Health-Library where you can explore and discover health and wellness information.

Your health journey is important, and we're here to support you every step of the way. Our comprehensive Health Library offers easy access to trusted, evidence-based medical information to help you better understand and manage your health.

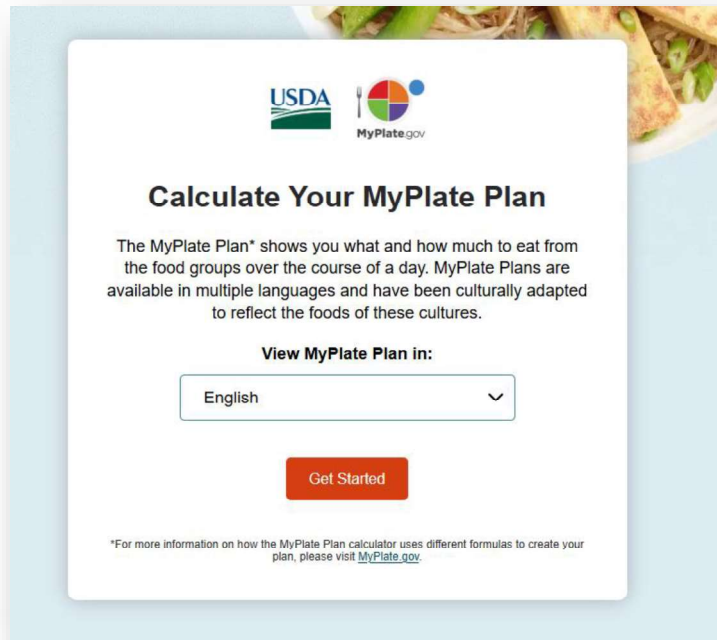


There are several options on the [Health Library](#) application:

- The “*View All Resources*” option takes you to the Hometown Health portal that allows you to search the full Wolters Kluwer health & wellness library.

The screenshot shows the Hometown Health Health Library interface. At the top, the logo 'Hometown Health' is on the left, and 'Explore Health Answers' is on the right. Below this is a 'Search Results' section with a search bar containing the word 'flu'. Below the search bar, it says 'Showing 56 results for flu'. The results are displayed in a list format. The first two results are videos: 'Getting the Flu Vaccine' (7 minutes) and 'Asthma - Cold and Flu Season' (6 minutes). The next two results are articles: 'Flu' and 'Bird flu (avian influenza)'. Each result has a thumbnail image, a play button icon, and a brief description. The 'Flu' article thumbnail shows a person's arm with a bandage and a bottle of medicine. The 'Asthma - Cold and Flu Season' article thumbnail shows a person's chest with a play button icon. The 'Flu' article thumbnail shows a person's arm with a bandage and a bottle of medicine. The 'Bird flu (avian influenza)' article thumbnail shows a person's arm with a bandage and a bottle of medicine.

- The “*Self-Management Tools*” option goes to a page that hosts a variety of links to tools and resources on topics such as
 - *Healthy Weight Maintenance* with Activity quizzes, Calorie Counters, & Risk Calculators
 - *Healthy Eating* with MyPlate, including access to the MyPlate App
 - *Encouraging Physical Activity* with Activity Planning tools
 - *Managing Stress* with tools to help you identify your risk levels
 - *Identifying Depression Symptoms* helping to understand when to seek medical care
 - *Smoking & Tobacco Use Cessation*
 - *Avoiding At-Risk Drinking*



- The “*Wellness Resources*” button goes to a curated page we’ve created with links to articles and videos addressing top health issues members face.

Whether you’re looking to learn more about a condition, explore treatment options, or discover tools for healthier living, you’ll find reliable resources right at your fingertips.

Empower yourself with knowledge and take charge of your well-being today!