

HealthyLearn

An apple a day isn't enough...



HealthyLearn covers over a thousand health and wellness topics in a simple, straightforward manner. The data and information is laid out in an easy-to-follow format. HealthyLearn includes the following interactive features and services:

- Ask the Coach
- Rotating Health Tip-of-the-Day
- Symptom Checker
- A to Z Encyclopedia
- Health News
- Medical Self-Care Guides for Adults, Children, Adolescents and Seniors
- Women and Men Guides
- Pain Management Guide
- Mental Health Guide
- Home Safety Guide
- Wellness and Disease Management
- Tobacco Cessation
- Stress Management
- Nutrition and Weight Loss
- Health Trackers
- Monthly Wellness Newsletter
- And much more!



Download the HealthyLife Mobile App for access on-the-go!

1. Search your app store for **"healthylife mobile"**
2. Download and open the app
3. Enter the Conner Strong & Buckelew special access code: **CSB** (all caps)

PLEASE NOTE: You must use the special access code above each time you open the app

Learn more and get started on your path to wellness today by visiting HealthyLearn at healthylearn.com/connerstrong

