



WebMD Health Manager

Apex's Health Manager provides online tools that make it easy to get started on your journey to improved health. It's also the perfect place to store your personal health record! Keep track of doctor visits, lab results, immunization records and medication history in one convenient, clutter-free place!

Begin with the HealthQuest Survey, a health appraisal tool developed by WebMD, that generates an electronic personal health record. You can save it, print it and review this information with your physician.

When your HealthQuest Survey is complete, you will receive immediate feedback on potential health risks and behaviors that can help reduce those risks. Based on your survey results and selected interests, you will also receive unlimited health news and education on a customized home page, benefit from online health coaching and gain access to the valuable tracking tools.

Log in and Register Today

It's Apex's goal to provide you valuable health and wellness information. To take the first steps toward improving your health, register online:

1. Have your Member ID card ready and visit www.apex-healthsolutions.com and click on the "Plan Central" button.
2. If you are a new user, click "Member Registration" and fill in the required fields.
3. Click on "My Resources" then the WebMD button.
4. When asked for Member ID, enter your Contract Number and two-digit Member Number.
5. Take the HealthQuest Survey and begin your journey to improved health!



Download WebMD's New App

1. Go to the WebMD portal and click under "Living Healthy" and then "Wellness At Your Side" to find your special access key.
2. Download **Wellness At Your Side** from the Apple App Store or Google Play.
3. After downloading and opening the app, click "Use Your Access Key" below the "Connect" button.
4. Enter your last name and special access key to log in.

If you would like more information about the Healthy You, please call Apex Health Solutions at **800-753-8429**.

