

ALLIED

Member **Connection**SM
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Lose Weight

Spring is here so start taking advantage of your local farmers market to recharge your diet (*and it's usually cheaper and more flavorful!*). Make a great salad from fresh vegetables and fruits. Drink plenty of water and opt for fruit infusion to stay hydrated. Find out what's in season in your area.

***Download the Benovate app on Apple or Android
or visit member.alliednational.com***

To register, locate your Member Connection registration code on the back of your health plan ID card.

Powered by Benovate, a health engagement platform provider, Allied National's Member Connection is unique because it engages members by displaying content and activities based on their interests and health needs.

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