Vanderbilt’s interactive platform to help faculty and staff maintain good health and a productive life!

Now you can access all the Health Plus programs, tools, and rewards in one convenient place.
The Health Plus Health Guide includes innovative features for faculty and staff to:

• Access all three steps in the award-winning Go for the Gold program
• Keep up-to-date on fun community-wide Health Plus programs and activities to learn healthy habits to maximize wellbeing and earn rewards with Be Well Rewards
• Pick a “direction” and begin your “journey” to health with your HealthMap, personalized based on your health assessment to help you set and reach your own health goals
• Track your physical activity and other healthy lifestyle actions
• Sync wearable fitness devices
• Use the rally feature to join teams to support each other, and even participate in friendly competition with colleagues in fun, healthy challenges
healthplus.vanderbilt.edu