Health Plus Health Guide:

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

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