

Health-e Resources



You can take charge of your health and well-being with expert online resources including a health risk assessment and comprehensive health library.

The Health & Wellness Library

Looking for information you can trust? The health and wellness library is a collection of articles and resources written and developed by experts to help you reach your personal and work-life balance goals.

The library provides you with helpful information on a variety of issues including drugs, illnesses, tests and procedures, and general health.

A Comprehensive Health Risk Assessment

Want to know more about your health? The health risk assessment (HRA) offers a personalized assessment on your health history and lifestyle habits. It also offers readiness to change measures to help you identify your health and wellness barriers.

Want to learn more about specific emotional health challenges?

The HRA examines four specific dimensions of emotional health: work-life balance; anxiety; depression; and stress.

How to register for Homeweb

Step One: Visit www.homeweb.ca and click 'Sign Up'.

Step Two: Enter information into the required fields, choose an email and password, and click 'Next Step'. Then, type in your company name and click 'Find it!' Select the correct company from the list provided. If do not see your company listed...check the spelling and try again.

Step Three: Let us know how you are covered by Homewood, (e.g. through your organization or the organization of a family member), and let us know your relationship to the organization (e.g. employee, spouse, dependent, etc.). Submit the additional information required and click 'Sign In' at the bottom of the page.

**ENROLL
NOW!**

Enrollment may be covered by your benefit plan/Homewood Health employee assistance services. To learn more, visit Member Services at www.homeweb.ca

