VEBA Online Tools

Did you know there are tools available to you to help you make healthy habits in your life!

1. Log into your account at: https://www.myaresonline.com/hfc/login.cfm.

2. What is available?
   a. Eligibility quiz for health coaching
   b. Mini health risk assessments (12 new tools coming this March!)
      i. BMI calculator
      ii. Sleep apnea quiz
      iii. Depression quiz
      iv. Anxiety quiz
      v. Heart attack risk calculator
      vi. Hypertension risk quiz
      vii. Diabetes risk quiz
   c. Register for a wellness challenge
   d. Check your points
   e. Online rewards store

For questions/comments please contact Healthy Adventures Foundation at (619)466-4386 or healthcoach@vebaonline.com.