

Welcome to My ePHIT



Explore one of
Delta TeamCare's
health and wellness resources
My ePHIT



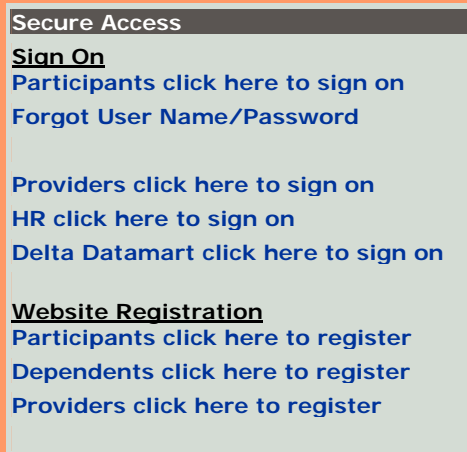
Let My ePHIT navigate you
towards a healthier life!

Log On Today!

If you already have web access through Delta Health Systems:

1. Visit www.deltahealthsystems.com
2. Sign on as a user by clicking on "participant click here to sign on" link in the Secure Access section
3. Click on the My ePHIT logo at the top of the page

Have access →



Need access →

If you haven't signed up to access the Delta Health Systems page:

1. Visit www.deltahealthsystems.com
2. In the upper left hand side of the page, under website registration, click on "participants click here to register."

Ready, Set, Goal

Get started by creating a health goal in My ePHIT. In the blue bar at the top of the page, select "plan," then click on "start," and select your goal.

You can also try these features:

Get PHIT

- Customize your own physical activity profile
- Learn the proper exercise techniques with virtual demonstrations

Eat PHIT

- Plan out a balanced meal, create a menu, or make a shopping list
- Track calories consumed

Live PHIT

- Let go of life's stressors and learn the tools to relax

Family PHIT

- Find out ways for your whole family to be healthy

Earn Rewards Each Time You Log On



April
Digital camera



May
\$100 Barnes and Noble gift card