<Subject Line>

**What is Hally? Allow us to start the New Year by reintroducing ourselves!**

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**Hally health – we’re your ally in your personal wellness journey**.

Have a healthy New Year with Hally health.

As the New Year begins, it’s only natural to look back critically on the life choices we’ve made up to this point and to look forward with resolve to do better in the year ahead in pursuit of our goals, whether personal or professional. If your New Year’s resolution for 2025 is to live healthier and be well, we can help you realize that goal. After all, that’s what Hally® health does!

And what exactly is Hally health? We’re glad you asked! As your health plan, we value giving you the member experience you deserve with a variety of options to fit your busy lifestyle. As a valued member of our health plan, you get access to our comprehensive suite of health and wellness resources, programs, perks and offerings. We call this Hally health.

Hally health is your ally in your wellness journey. Whenever you see the word “Hally,” it’s us at your health plan connecting you with a resource or support that’ll help you live your healthiest life.

At [hally.com](http://hally.com/), you’ll find:

* Health tools, tips and resources.
* Access to our quarterly [“Simply Well”](https://hally.com/live-well/simply-well-newsletter/) newsletter.
* Hally Healthcast, a monthly podcast led by medical experts who discuss common health and wellness topics.
* Free online fitness and cooking classes.
* Hally health blog, featuring informational articles and healthy tips for the entire family.
* Tasty recipes that’ll help you eat healthier.
* Care coordination and health coaching.
* Prescription savings programs.
* Virtual visits.
* Information on many other health topics available for browsing at [Live Well – Hally Health](https://hally.com/live-well/).
* And much, much more!

As a member, you also get secure, instant access to your health insurance coverage by logging in to your Hally account through the MyChart app or on hally.com. Review your plan coverage, discover resources and support for your health conditions, and find the care you need anytime, anywhere.

**Spotlight: Connect with FirstCarolinaCare on social media.**

Follow the latest from FirstCarolinaCare via your preferred social media platforms such as Facebook, LinkedIn, X and Instagram in order to stay up to date on all things related to your health plan and Hally health.

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