



## Premium accounts

In addition to receiving weekly updates, a premium account will provide everyone in your school – all students, parents, educators and staff – with access to MyHealth Magazine resources, including evidence-based tips and strategies, and online programs, such as *Feeling good™* and *Learn-how-to-learn™*. Here is a quick overview of everything you will be able to access with a premium account:

	Free Account	Premium account
<b>Accounts</b>		
Student account	✓	✓
Educator accounts		✓
Parent accounts		✓
Support staff accounts		✓
School library accounts		✓
<b>Features and resources</b>		
Most recent updates:	✓	✓
- interactive quizzes, polls and surveys	✓	✓
- info sheets on health and mental health	✓	✓
- tips and strategies on how to manage stress, deal with bullying and get better grades	✓	✓
- anonymous Q&A's	✓	✓
- continuously updated helplines from across the country	✓	✓
- must-watch videos	✓	✓
Year-round access to all updates		✓
<b>Evidence-based tips and strategies</b>		
<i>Try this</i> tips and strategies for students	✓	✓
<i>Try this</i> tips and strategies for parents, educators and school staff		✓
<b>Promotional materials</b>		
Posters (free download)		✓
<b>Annual updates and white papers</b>		
Top 50 Facts on health and mental health that every educator and parent should know		✓
<b>Programs and workshops</b>		
<i>Learn-how-to-learn™</i> online program		✓
<i>Feeling good™</i> online program		✓
Classroom workshops (e.g., <i>Do the right thing™</i> , <i>Stick to the facts™</i> , <i>Making the grade™</i> , <i>Do I have it?™</i> )		✓