

Take charge of your health

No matter what your health goals are, these resources are designed to help you and your family.



Well-being support resources available to you



Duke Energy WellPower Rewards

Get rewarded for healthy living. Choose from more than 50 activities that fit your lifestyle and help you reach your goals. Register for a Duke Energy WellPower account at powerofvitality.com.



Health Coaching

Partner with a personal coach and receive a plan tailored to you. You'll use educational tools to build well-being behaviors such as healthier food choices, being active, improving sleep and more.

Call: 1-866-567-0705

Visit: powerofvitality.com



Quit For Life®

Work with a Quit For Life® tobacco cessation coach to create a customized quit plan that includes nicotine replacement therapy, online coaching tools, an app and text messaging.

Call: 1-866-784-8454

Visit: myquitforlife.com/dukeenergy



One Pass Select

Get access to nationwide fitness centers and online classes with a membership to One Pass Select®. See membership options and get started at onepassselect.com.



Real Appeal®

Try this digital weight-loss and healthy lifestyle program for small steps that help create lifelong change. Get started at dukeenergy.realappeal.com.



Calm Health

Access a library of support for a variety of health experiences and life stages – including mindfulness content and programs created by psychologists.

Download the Calm Health app and create an account using access code **UHC**. You'll need your UnitedHealthcare member ID card to verify your information.



Not sure where to start?

Call myHealth Connect at **1-877-214-2930**

Scan to save the number in your phone's contact list



One Pass Select is a voluntary program available to employees and family members (18+) who are enrolled in a Duke Energy Medical Plan. One Pass Select gym membership tiers offer free access to grocery and household delivery services. Not included with the digital membership tier. Availability in some areas may vary. Restrictions apply.

Real Appeal is a voluntary weight-loss program that is offered to eligible participants at no additional cost as part of their benefit plan. The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical and/or nutritional advice. Participants should consult an appropriate health care professional to determine what may be right for them. Results, if any, may vary. Any items/tools that are provided may be taxable and participants should consult an appropriate tax professional to determine any tax obligations they may have from receiving items/tools under the program.

The Quit For Life® program provides information regarding tobacco cessation methods and related well-being support. Any health information provided by you is kept confidential in accordance with the law. The Quit For Life does not provide clinical treatment or medical services and should not be considered a substitute for your doctor's care. Please discuss with your doctor how the information provided is right for you. Participation in this program is voluntary. If you have specific health care needs or questions, consult an appropriate health care professional. This service should not be used for emergency or urgent care needs. In an emergency, call 911 or go to the nearest emergency room.

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