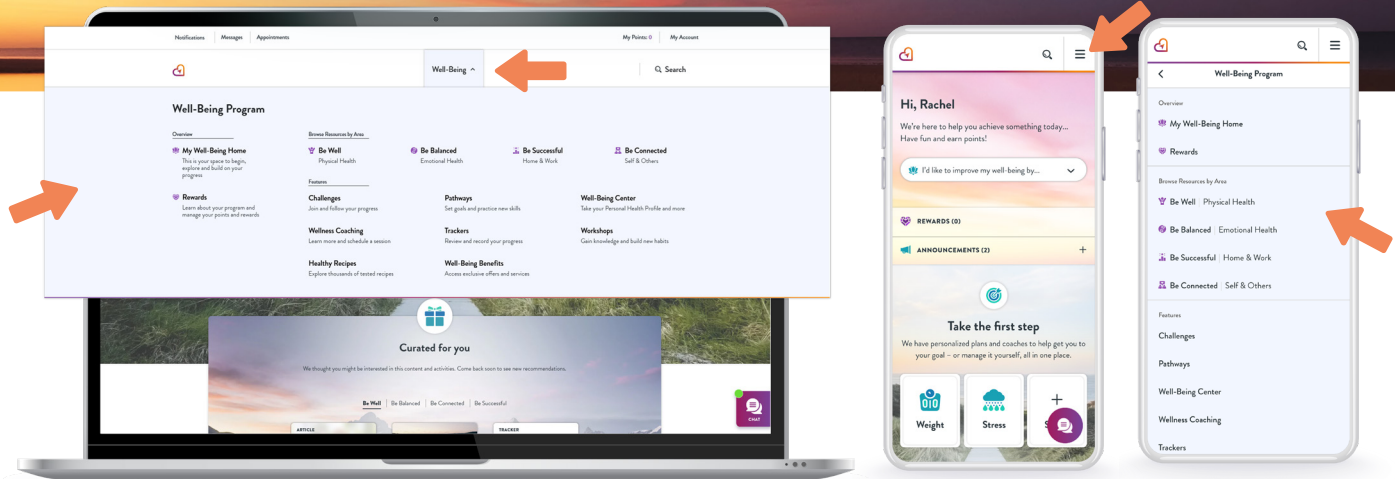


It's time to thrive

Navigating your well-being website and mobile app



Health Advocate's Well-Being Program helps you explore your path to wellness with support and resources for everyone. Our website and mobile app include tools and resources that touch on all aspects of well-being.

- Select **Well-Being** from the menu to quickly see all the program has to offer. Find it on the top navigation bar on desktop and in the top right menu on mobile by tapping the three lines in the corner of the screen.
- Access all the details about your program on the **rewards page**, download your **incentive guide**, view your progress, and quickly access key activities you can do to earn points.
- Browse resources by topic by selecting a **learning pillar** that interests you.
- Join **challenges** and use **trackers** to monitor your progress as you work toward your well-being goals through fun, game-like interactivity.
- Learn about how **wellness coaching** can help you meet your goals, and schedule a session.
- Explore thousands of delicious **healthy recipes**.
- Browse our collection of self-guided, **personalized pathways** to set goals and practice new skills.
- Access exclusive offers and services through your **well-being benefits page**.
- The tools in the **well-being center** can help you prioritize and assess your well-being. This is where your **Personal Health Profile** and **Personal Pathfinder** are located.
- Check out our library of **workshops** to gain knowledge and build new habits.

It all begins with you! Quickly reach us any way you like — by phone, email, online, or our mobile app.



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Registration code: DREXELU

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