

Wellness Programs

Our expert-led modules, ranging from stress reduction to weight management, are designed to help you build sustainable, long-term habits at your own pace.

Our programs, categorized by Mind and Body, are built to move at your own pace; all it takes is 15 minutes a day to start reaching your milestones. Simply choose your path and let's grow together.

 **Content-Based Programs:** Use videos, articles, and assessments to track progress and reach wellness goals. Investing in these programs builds a healthier, more engaged, and more productive workforce.

 **Set Your Own Pace:** Empower your journey with the flexibility to learn and grow at your own speed. Balance work and life by fitting wellness into your personal availability making every milestone more sustainable.

 **Mind Programs:** Build resilience and manage stress with expert-led programs designed to boost your mental well-being and confidence.

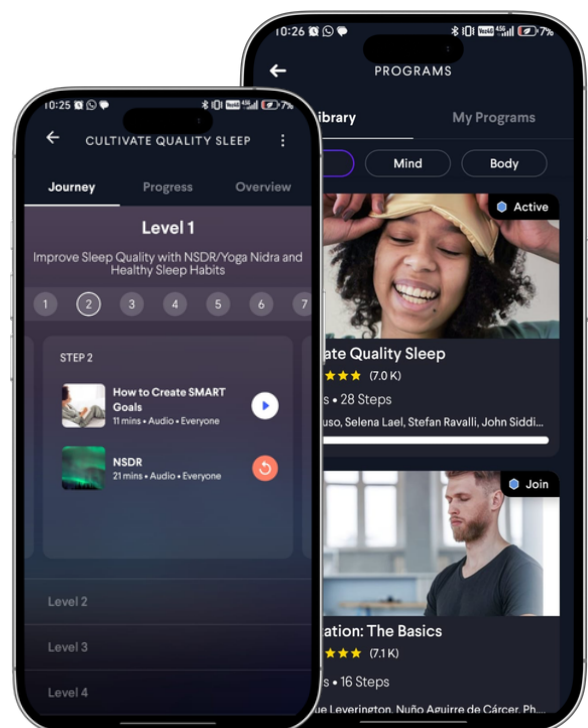
 **Body Programs:** Explore expert-led fitness, yoga, and health programs designed for your goals. These actionable journeys provide the tools you need to build physical vitality and lasting habits.

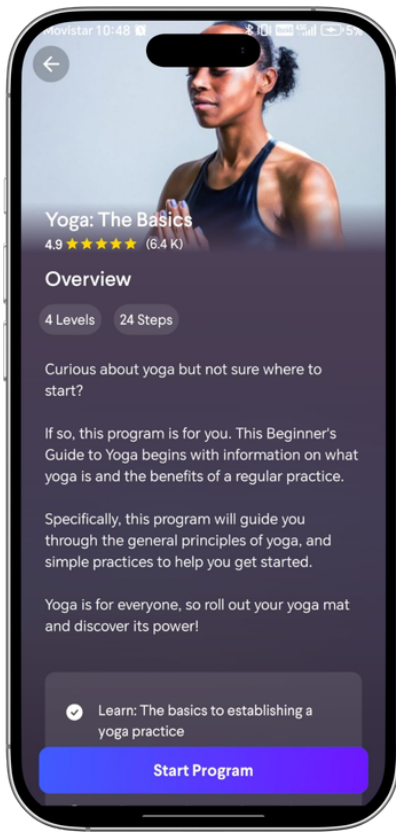
 **Instant Accessibility:** Join a program seamlessly wherever you work whether you're on Teams, Slack, the web, or the app.

[Explore Programs](#)

[Knowledge Base](#)

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TO DOWNLOAD
WELLNESS COACH





How to Join a Program:

- 1. Join a Program:** Tap Programs at the bottom of your Home Page to choose your path. Explore our Mind and Body categories to find the perfect fit for your goals from training for a 5K or diving into kickboxing to becoming a mindful leader.
- 2. Enjoy the Journey:** Once you select a program, you'll see a complete journey breakdown, including a course overview and a step-by-step roadmap to your goals. Meet the expert coaches guiding you through every milestone and get everything you need to stay motivated from start to finish.

[Step by step](#)

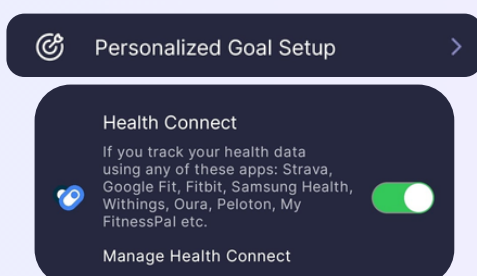
Joining a Program will give you access to:

✔ **Expert-led modules in weight management, stress reduction, fitness, and sleep.**

✔ **Programs are designed for you to complete at your own pace.**

✔ **Enjoy a library of audiobooks to nourish your mind on the go.**

✔ **Drive results with trackable videos, articles, and assessments. Build a healthier, more engaged, and productive workforce today.**



Achieve better results by setting personalized goals and syncing your health app. This lets you track your daily progress and reflect on what's working or where you might need to make adjustments.