

NEW



Meet your Explore Wellness Coach Page

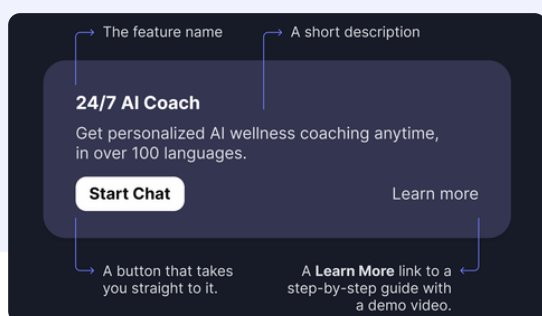
A designed space where you can explore everything included in your free Wellness Coach benefit.

Explore all the tools, features, and solutions in your Wellness Coach account, straight from your profile. Effortlessly navigate and maximize everything designed to support your health and well-being.



Inside each card, you'll find:

1. Name of feature
2. Short description of the feature
3. Call to action—prompts you to engage with each feature.
4. *Learn more link >> opens a Knowledge Base article with a tutorial demo video and a step-by-step guide.*



What's Included in Your Plan



Explore Wellness Coach

See everything included in your plan — and how to use it.

Coaching & Support

Personal Coaching

8 credits/month · renews 13 Aug

Book 1:1 sessions with experts in 15+ wellness areas, from sleep to nutrition to career growth.

Book a Session

Learn more

Employee Assistance Program

Confidential · 24/7

Confidential, no-cost counseling and life resources for you and your family.

Get Support

Learn more

Community Group Coaching

Live sessions weekly

Join live, expert-led group sessions to learn and connect with peers around the world.

Browse Sessions

Learn more

24/7 AI Coach

Always on

Get personalized AI wellness coaching anytime, in over 100 languages.

Start Chat

Learn more

Habits Tracking & Movement

Daily Goals & Tracking

Set daily habits and track your progress — from steps and sleep to workouts, all in one place.

Tip: Connect your health app or device for seamless, automatic tracking.

Connect here.

Set My Goals

Learn more

Nutrition Tracker

Healthy eating, simplified. Track your meals with a quick tap or a simple photo, and get insights.

Log a Meal

Learn more

Wellness Challenges

1 Active

Join challenges with coworkers, friends, and family. Move more, stay energized and enjoy the journey.

Launch a Challenge

Create your own challenge and invite coworkers or friends to join.

Where to find it:

- 1 Go to your profile ("Me")**
Navigate to the Me tab in your Wellness Coach app.
- 2 Select "What's Included in Your Plan"**
Click the banner at the top to open your personalized library of features.
- 3 Explore your feature cards**
That's it! You'll see a dedicated card for every feature included in your plan.
To learn step by step click here.

Please note:

Features shown in the image on this flyer are illustrative only and may not reflect exactly what's included in your plan. Your Connections and Dependents also get access to this same page, tailored to what's included in their plan.

[Go to Explore Plan Page](#)

[Watch Tutorial Video](#)

[Knowledge Base](#)

