



Wellable

Wellness Platform

Earn Points.
Get Rewarded.
Improve Your Health.

Your Guide to Earning Points in the Wellable App



OnDemand Sessions

Eligible sessions include classes in Body, Mind, and Recovery.
Must watch the full session for credit.



Clinical Events

Participants can download and submit the required forms to earn points for completing activities such as their: Annual Health Assessment, Dental Exam, Vision Exam, and Flu Shot.



Wellness Events

Sessions include virtual Education, Fitness, and Self-Care opportunities designed to support your overall well-being.



Participation

Engagement includes activities such as logging workouts, completing programs, and connecting wearable devices to automatically track activity within the app.

Discover Wellable
Join your BHP community,
build **HEALTHY** habits, and
stay motivated with the Pillars of Health.
Scan THE QR CODE or click the LINK to SIGN UP!
<https://app.wellable.co/bhp>

