

# Wellness Program

## Wellable

*Your New Wellness Platform with BHP*

**Discover the Pillars of Health Wellness Program** – your pathway to feeling stronger, healthier, and more energized every day. With exciting monthly challenges, fresh recipes, unlimited health coaching, and easy device syncing, you'll have everything you need to track progress and stay motivated. Guided by expert advice and personalized wellness support, Wellable helps you transform everyday steps into lasting lifestyle changes—while keeping it fun along the way!



### Health Content

Proactively provide members with reliable, evidence-based health information that covers a wide breadth of topics and is timely.



### Unlimited Health Coaching

High-touch, personalized support to break down barriers and provide members with the tools and resources they need to realize their potential and make healthy changes that last.



### On-Demand / Benefits

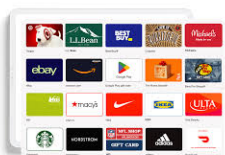
On-Demand is fully integrated with Wellable's Wellness Platform and offers something for everyone! With unlimited access to a robust library of fitness and mindfulness/meditation classes, sleep stories, and recipes, participants can focus on their wellness anytime, anywhere. Also, have quick access to your Benefit websites.



### Device Integration

Wellable connects directly (not through a 3<sup>rd</sup> party) to all leading smartphone applications and wearable devices.

Each participant is in control of the specific data elements that are automatically shared with Wellable, including steps, distance ran/biked, other physical activities, and nutrition logging.



### Rewards

Points are earned by syncing your wearable device or recording manually in the Wellable web browser.

\$25 Gift Cards will be *randomly drawn* each month across the consortium for those that earned points.



### ***DISCOVER WELLABLE***

***JOIN YOUR BHP COMMUNITY, BUILD HEALTHY HABITS, AND STAY MOTIVATED WITH THE PILLARS OF HEALTH. SCAN THE QR CODE TO SIGN UP!***