

Stay Motivated!

Download the Free BHP Wellable APP



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 3rd 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.

Easy-To-Follow Steps

- Scan the QR code to download the Wellable App.
- Login following the instructions.
- Connect your preferred app or device.
- You're all set.



Not registered yet? Visit app.wellable.co/bhp to sign up!