

# Why Join Wellable

Engage in a healthy lifestyle by participating in our company specific wellness program!

## Wellness Challenges

Join in on the fun and participate in wellness challenges throughout the year. Learn how to thrive in as little as 10 minutes a day through activity tracking, expert health tips, social support, friendly competition and exciting prizes.



### PHYSICAL

Balance physical activity, nutrition, sleep and lifestyle choices that keep the body in top condition.



### SOCIAL

Develop healthy relationships through effective communication with others, fostering self-esteem, and harboring a sense of belonging while building community.



### SPIRITUAL

Encompass purpose in life, which stems from the ability to develop congruency between values and actions.



### EMOTIONAL

Understand and accept feelings. Being emotionally well makes it easier to cope with the challenge's life can bring.



### OCCUPATIONAL

Find personal fulfillment from a job or career while still maintaining balance within life.



### ENVIRONMENTAL

Recognize one's effect on the quality of the air, water, and land by taking actions to make a positive impact on the environment, be it a home, community, or earth.



### INTELLECTUAL

Engage in creative and mentally stimulating activities that expand knowledge and skills while allowing one to share them with others.



### FINANCIAL

Have control over day to day finances through budgeting, the ability to absorb financial shock, and the financial freedom to make personal choices.



## ON-DEMAND CLASSES

Fitness and more that fits! Stream classes to focus on your wellness anytime, anywhere. With unlimited access and endless variety, there's something for everyone. Go to the [On-Demand](#) page in your User Account to check out this awesome benefit!



## MONTHLY WEBINAR

Start improving your well-being by engaging in Wellable's holistic webinar series, which includes live and recorded educational presentations that focus on a different holistic wellness topic each month. Go to the [Health Content](#) page in your User Account to explore the monthly webinars!



## HEALTH TIPS

Health tips will be accessible through a notification in your Wellable app once every three days at 12 PM local time.