



Stay active, earn points, and win prizes with our company's wellness program! Use apps like Fitbit or Apple Health to track your activity and earn Wellable Points for every step, mile, or workout. Along the way, access resources like fitness videos, mindfulness exercises, sleep stories, and healthy recipes to support your overall well-being. To take your wellness one step further, join live events led by experts, including monthly educational presentations and experiential activities like breathwork, functional movement, and more.

## Easy-To-Follow Steps

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

