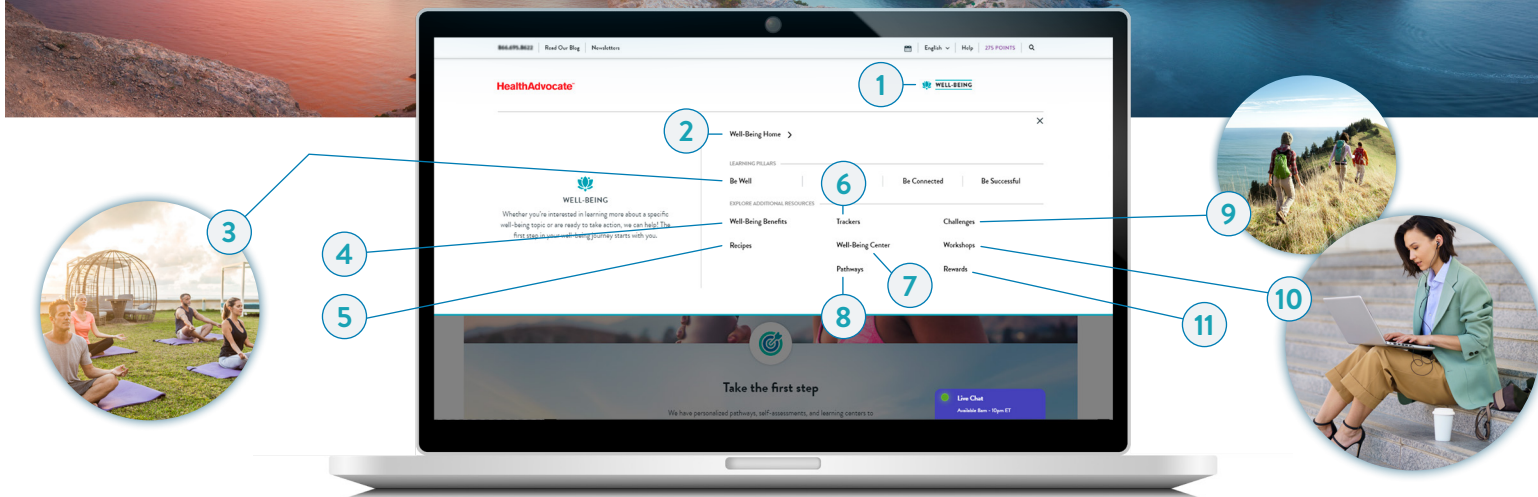


# It's Time to Thrive

## Navigating Your Well-Being Website



Health Advocate's Well-Being Program helps you explore your path to well-being with support and resources for everyone. Our website and mobile app includes tools and resources that touch on all aspects of well-being.

1. Selecting **Well-Being** opens up the **Mega Menu** to quickly see all of the features of the program in one drop-down.
2. Get a preview of the resources available to you by selecting **Well-Being Home**. From here you can access the **"I would like to..."** search bar as well as **information curated just for you!**
3. The **Learning Pillars** are the foundation of our program. Choose a pillar that interests you, and click on it to view **tools and resources** specific to that pillar.
4. The **Well-Being Benefits** page is where you can find **additional well-being resources** and benefits available to you through Health Advocate and your employer.
5. Find your next healthy meal by selecting **Recipes** to browse nutritious and delicious **recipes and meal plans**.
6. **Keep tabs on the progress you make** toward your well-being goals by using our **Trackers**.
7. The tools in **My Well-Being Center** can help you prioritize and **assess your well-being** to discover what is most important to you. This is where your **Personal Health Profile** and **Personal Pathfinder** are located.
8. Browse our collection of self-guided, personalized **Pathways** to **build skills and develop new habits** to help you reach your goals.
9. Our **Challenges** make it fun for everyone to reach their well-being goals through game-like interactivity.
10. Check out our library of **Workshops** to enhance your well-being knowledge and prepare you to build new habits.
11. Access all the details about your **Rewards** program, download your incentive guide, view your progress, and **quickly access key activities you can do to earn points**.

It all begins with you! Quickly reach us any way you like — by phone, email, online or our mobile app.



**HealthAdvocate**<sup>SM</sup>