



Wellness Benefits *at a Glance*



Personalized Digital
Wellness Platform



Quarterly Webinars
& Challenges



Health Risk
Assessment



Lifestyle Health
Coaching



Disease Management
Coaching



Onsite
Services



BeWell *on the go*

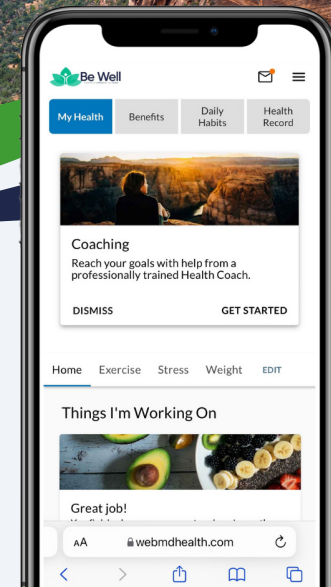
Members can download the free WebMD
Wellness At Your Side app from the Apple App
Store or Google play store.



Once installed, open the app and enter the one
time connection code: **BeWell**



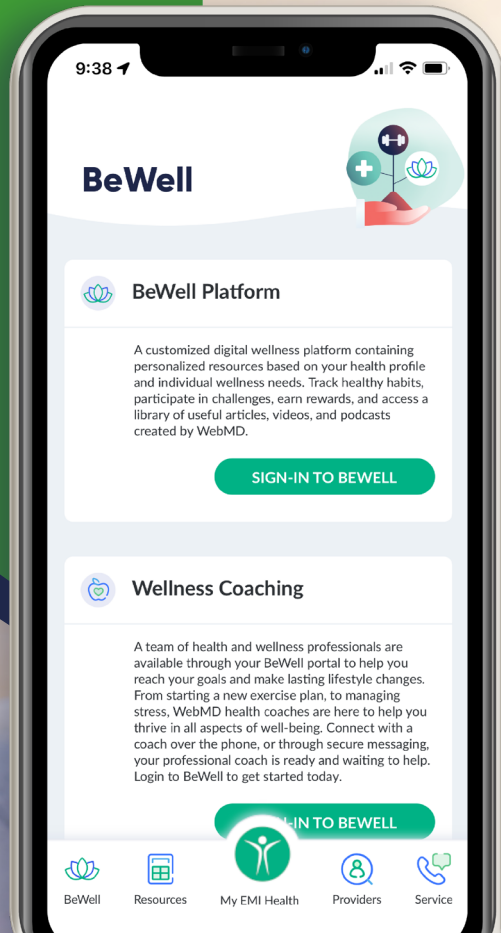
Empowering Your *Health Journey*





BeWell Digital Platform

EMI Health has teamed up with WebMD Health Services to create a comprehensive well-being tool designed to help members implement healthy lifestyle changes. BeWell engages each member on a personal level, providing continual guidance and support.



JOIN THE COMMUNITY



There's a community for everyone!

Within the BeWell portal members can find support, offer encouragement, and work toward goals together!

- Share workouts
- Share recipes
- Find support
- Stay motivated

Challenges & Webinars

Participate in challenges to help reach your goals and take advantage of our range of engaging webinars.



Personalized Content

Discover recipes, workout plans, healthy tips, and more, all personally catered to you and your health.



One-on-One Coaching

Access our team of professional coaches ready to help you reach your health goals.

