



GET WELL. STAY WELL. LIVE WELL.

# My Wellness

Welcome to **My Wellness**, a suite of wellness offerings included in your workplace employee benefits package.

As a Plan Member, you have access to complimentary Wellness tools to help you and your family get well, stay well, and live well!



1

**MY WELLNESS CONNECTION**

Receive a **monthly email** chalk full of wellness tips, articles, recipes, and more, delivered straight to your inbox.

2

**DID YOU KNOW? CAMPAIGN**

Keep an eye out for our monthly **Did you Know poster**, complete with up-to-date health and wellness information to encourage healthy living!

3

**ASK THE EXPERT**

Questions on health and wellness? Email our expert for advice on fitness, nutrition, wellness, and more. Access this feature by emailing **wellness@peoplecorporation.com**