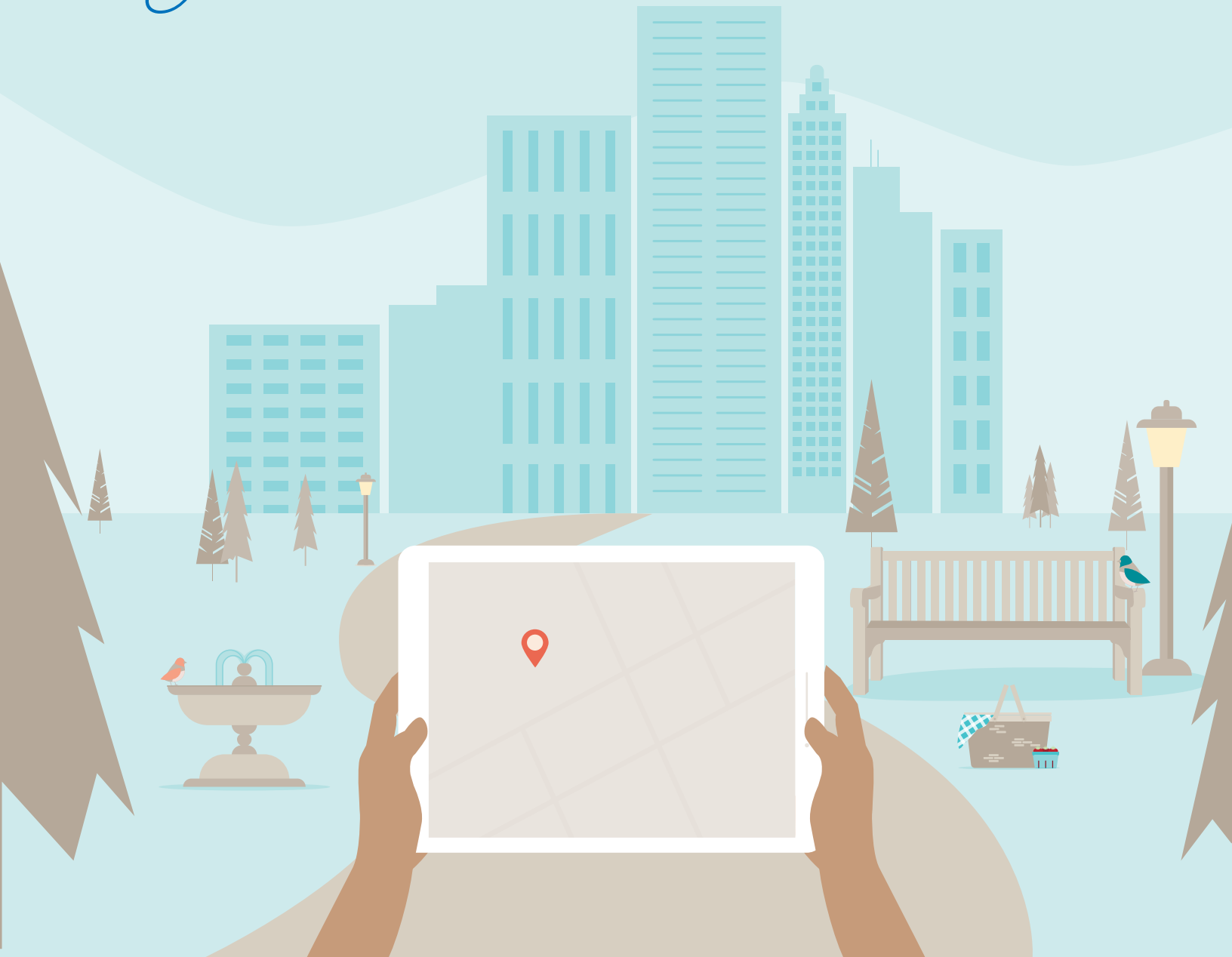


healthy
you



Wellness is Personal

HealthyYou, powered by WebMD ONE, is available to you!

WebMD ONE is a partnership between PEBB and WebMD to help bring out your best, based on your personal needs and interests. It will help you set goals, track your progress, keep you motivated and provide valuable information along the way. As an added bonus, signing up for ONE counts as a Health Action for HEM!

Discover health and happiness

Whether you'd like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you enjoy better well-being and experience more feel-good moments in your life.

Map your way toward well-being with proven resources:

- **Daily Habits**—Set and track health goals through a personalized, mobile-first experience.
- **Health Trackers**—Track health-related behaviors, biometrics or preventative health screenings.
- **Wellness Challenges**—Engage in friendly competition with your colleagues to encourage each other to make healthier choices.
- **Wellness Videos**—Follow along with guided meditation videos and cooking demonstrations or catch any webinar recordings or brain breaks you may have missed and much more.
- **Health Information Library**—Find health and medical content from one of the most trusted brands, WebMD.
- **Financial Wellness Resources**—We know that finances play a huge part in wellness, so that's why we offer information on financial wellness to support your overall health.
- **Connect Your Device**—Connect a fitness device or app to automatically upload your activity.

Sign up today at webmdhealth.com/pebb
and personalize your path to well-being!

