

# The 2017 Wellness Program Is Here!



January 1 – December 31

Mary Baldwin University is teaming up with beBetter Health to offer wellness tools and resources to help you improve or maintain your health.

## Get Rewarded!

Employees can earn great prizes and incentives during the 2017 Wellness Program.

Activities include:

- Health Screening & Health Survey
- Health Coaching
- Onsite Local Wellness Activities
- Wellness Programs & Challenges
- Tracking towards personal wellness goals, including the integration of your physical activity tracking device or app, such as Fitbit, Jawbone, MapMyWalk, etc.



For additional information and details, visit:

**[www.bebetterhealth.net](http://www.bebetterhealth.net)**

For Assistance With Login:

Call: **866.900.5325**

Monday – Friday, 9:30am – 6:30pm ET

Email: **[support@bebetter.net](mailto:support@bebetter.net)**