

Come See What's New for 2021 - Boston Employee & Retiree Wellness Program

Rewards, Challenges, Recipes and More



Getting Started is Easy!

Enter group code wickedhealthy at bostonwellness.livehealthyignite.com



Prizes!

Qualify for random prizes throughout the year with the prize mall.



Everyone Can Join!

All employees, spouses and retirees can participate.



New Resources and Classes!

Here to help you improve your physical, mental, and emotional health all year long.



BurnAlong

BurnAlong is an online health, wellness, and fitness platform that gives you unparalleled access to more than 900+ instructors, teaching live and on-demand classes across more than 45 categories.



*Human Resources &
Public Employee Committee*

This guide to the Employee and Retiree Wellness Program contains instructions for joining the program, enjoying the benefits and earning rewards.

Through this pandemic we have all been reminded of the importance of well-being and taking time to refresh. Come discover the new and improved portal at bostonwellness.livehealthyignite.com. We are excited to assist you and your family in living well while inspiring a culture of well-being throughout our extended family of employees and retirees.

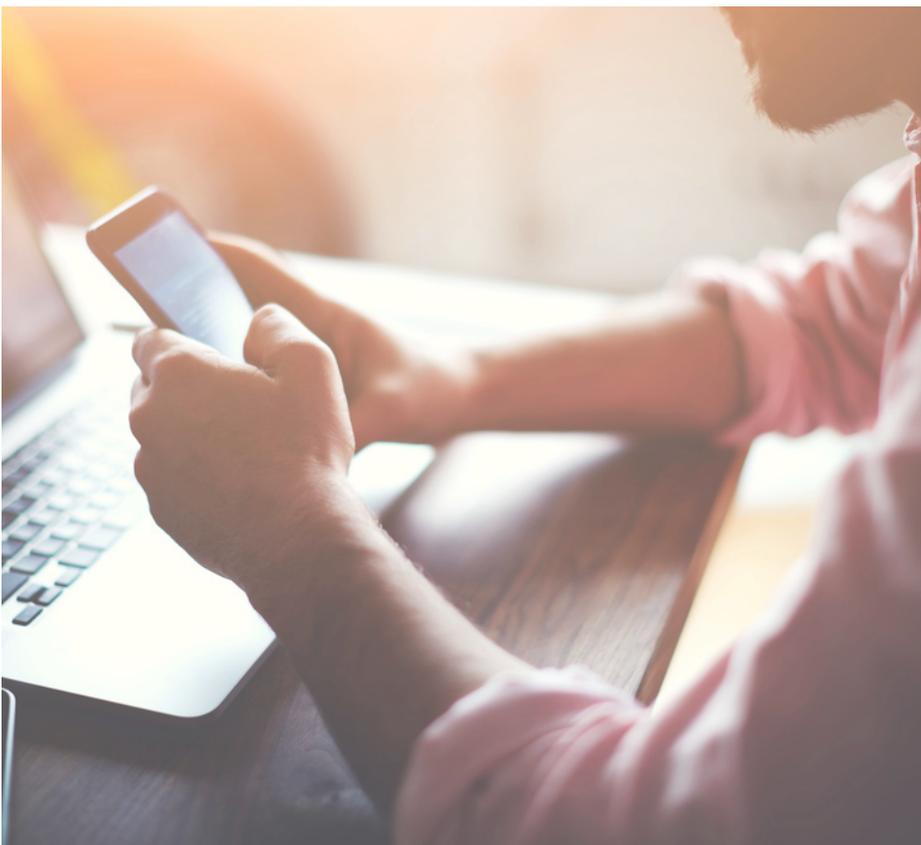


2 Simple Steps to Start Enjoying You

New Year = New Activities, Tools and Resources

1. Sign up on the portal at bostonwellness.livehealthyignite.com using code wickedhealthy or login with your username and password if you are returning.
2. Check out all the new resources! From the Power of 8 articles to online activities including recipes and meditations, finding information has never been easier! We've gathered all the resources, all you need to do is click!

Get connected! This year, there is a new Social Wall where users can post, cheer, and comment with each other! There is also a photo gallery where you can post yourself working out, meeting with friends, or cooking a homemade meal. Supporting each other is more important than ever and with the new Social Wall you can get started right away.



The Power of 8

The portal provides comprehensive resources categorized by the Power of 8, the eight key pillars of well-being: **Balance, Community, Financial, Mindfulness, Nutrition, Physical, Purpose, and Social.**

Explore the free programs and resources addressing the eight pillars of well-being, including informative articles, personal challenges, videos, fitness tracking tools and more.



Purpose



Physical



Mindfulness



Nutrition



Balance



Social



Financial



Community

Meet the City's New Well-Being Ambassador: The Duck



Cut me out and take me with you! Let's go do some fun activities and take pictures for the photo gallery!

Our duck still needs a name!

Come to the portal to help name our duck and get the chance to win amazing prizes!



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**Boston Employee Wellness
Program Guide**
bostonwellness.livehealthyignite.com

Questions? Contact:
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