Check out what is available on the Employee Wellness Portal!

Begin your wellness journey with us!

Not registered? No problem! Check out the bottom of page 2 for details!

Begin your wellness journey by deciding which aspect(s) are the most important to you! We have a variety of articles to get you started!

Click on any of the icons on the home page to learn more.

BurnAlong – connect with your peers, friends, and family through a variety of online or live streamed workout classes. Click on any of the BurnAlong logos to get started!

PsychHub - PsychHub boasts one of the world's largest online platforms of digital education on mental health issues, and their content has taken online education to a new level with courses proven to drive behavior change. Click on the icon to get started!

(over)
Personal Challenges – choose a topic that is important to you! We have recommendations based on the wellbeing pillar you choose or head to the challenges tab for the full listing!

Photo Gallery – take pictures with your family, co-workers or by yourself engaging in fun wellbeing activities! Try to include Waddles!

Social Wall – utilize the social wall to give your family or coworkers kudos! Tag them in posts to keep the social interaction going.

Not Registered? No problem! Follow these simple steps:

1. Navigate to bostonwellness.livehealthyignite.com
2. Enter your group code: wickedhealthy
3. Create your username and password