



**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!**

Welcome to your Employee Wellness Portal! Whether you are a new or returning user, we are glad you are here! The Employee Wellness Portal is full of resources to help you achieve your wellbeing goals and earn REWARDS!

We want to support you on your wellness journey. We are here to help whether that is to be more mindful or work on better eating habits!

Click any icon below to get started today!



Purpose



Physical



Mindfulness



Nutrition



Social



Balance



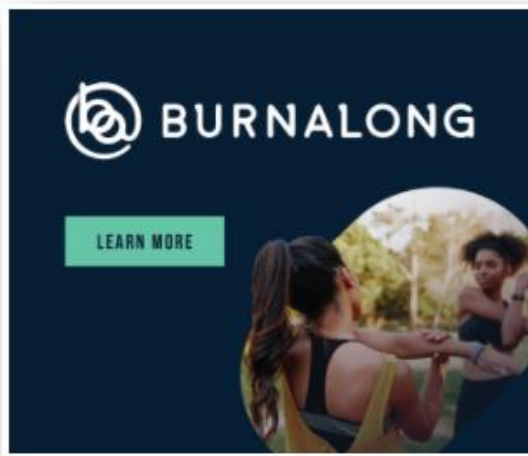
Financial



Community

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!

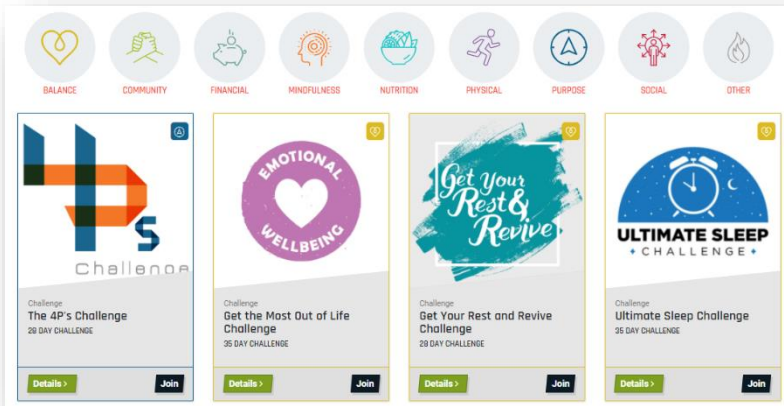


**PsychHub** - PsychHub boasts one of the world's largest online platforms of digital education on mental health issues, and their content has taken online education to a new level with courses proven to drive behavior change. Click on the icon to get started!

**(over)**



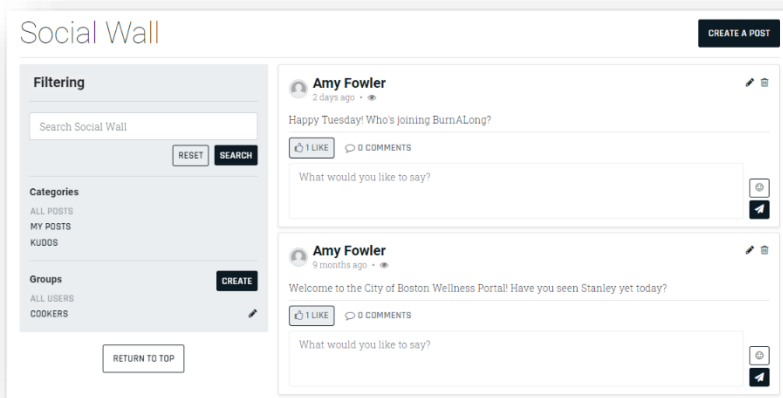
Human Resources & Public Employee Committee



**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](http://bostonwellness.livehealthyignite.com)
2. Enter your group code: **wickedhealthy**
3. Create your username and password



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