

# Work-life wellness is priceless.



## Get access to the Wellhub Digital Plan for FREE!

This program, now fully mobile app-based, offers premium, unlimited access to 10 top-rated apps across all wellness categories, helping you achieve your health and wellness goals.

### Mindfulness Tracker



**IFEEL**  
Self-care tools and wellbeing content

### Gym Tracking



**GYM LIFE**  
Create and track your workout routines

### Sleep



**SLEEP CYCLE**  
Sleep Tracker, Monitor & Alarm Clock

### Fitness



**FIZZUP**  
Time effective workouts without equipment

### Mind



**MEDITOPIA**  
Meditation, Sleep, Mindfulness

### Healthy Habits



**FABULOUS**  
Build better habits & achieve your goals

### Women's Health



**MAYA**  
A smart personal health assistant for women

### Financial



**MOBILLS**  
Manage your bills and budget

### Nutrition



**MyFitnessPal**  
Track your exercise and nutrition goals

### Fitness



**YOGAIA**  
Practice yoga simply



1. Download the Wellhub app.
2. Create your free account or log in to your existing account.
3. Browse through the variety of plans and choose the best one for you!