



When **you're** ready.

We're here for **you**.

HealthyYou, powered by WebMD ONE, offers tools to help support every step of your well-being journey.

Motivation takes many forms

No matter your inspiration or motivation, **HealthyYou** is here when you decide it's time for a change. We provide resources that can help you stay positive, push through challenges and pursue more healthy passions throughout your life.

Find resources that can help with every health goal:

- **Community**—Connect with colleagues through fun and motivating group chats on a variety of topics including exercise, eating well, reducing stress, sleeping better and finding joy.
- **Daily Habits**—Work toward your goals one day at a time. This mobile-first experience makes it simple to set a goal and see your progress.
- **Media library**—Watch easy-to-follow exercise videos, listen to engaging mental health podcasts and more.
- **Device and App Connection Center**—Automatically track and upload your activity with a fitness device or app.
- **Personal Health Record**—A simple way to view all your health information in one place.
- **Get Rewarded**—Registering on the HealthyYou portal fulfills one of the Healthy Actions needed for HEM!

Get started today at webmdhealth.com/pebb.

Download our app, Wellness At Your Side

1. Visit the Apple App Store or the Google Play Store and search for "Wellness At Your Side."
2. Download the app and enter your connection code: **PEBB**.
3. Register a new account on the WebMD ONE portal and personalize your experience by answering a few questions about your health goals.