

# Progress is Personal

**LliveWell**, powered by WebMD ONE, can help you achieve better well-being, at your pace.

Register today at  
[www.LliveWell.com](http://www.LliveWell.com).



# Expand Your Potential

**LlveWell** is dedicated to helping you cultivate your best self. Whether you're looking to increase your daily steps or embrace the calming practice of mindful meditation, we offer a wide array of well-being tools designed to empower and support you at every stage of your journey.

Reaching your health goals is a unique journey. LlveWell, powered by WebMD one, is dedicated to helping you unlock your best self. You'll receive the support you need to stay committed to your personalized well-being plan.

## Find support every step of the way

- **Live well with your Annual Health Screening\***—Access the physician and Labcorp vouchers now. Visit [www.LlveWell.com](http://www.LlveWell.com). Health Screening deadline is 9/30/2025.
- **NEW! Your “why”, your way—** The Side Quests tool allows you to choose a reason behind your health goal, make a plan, and stay motivated throughout.
- **Get a snapshot of your health—** The Well-being Questionnaire is a quick health assessment that gives you a personalized health report and recommendations.
- **Automatically track activity—** Visit the Device and App Connection Center to track and upload your activity with a fitness device or app.
- **See daily progress—** With our Daily Habits tool, you can choose a health goal, see your day-to-day progress and stay on track with helpful reminders.
- **Easy access—** Conveniently enjoy exercise videos and mental health podcasts with the media toolbox, and manage your health information securely in the portal.

Find your personal strengths at [www.LlveWell.com](http://www.LlveWell.com).

## Get Your Medically Enrolled Legal Spouse Registered

Scan the QR code to view registration directions.



\*Union: If you are pregnant, you do NOT need to complete a Health Screening. Instead, you must submit the Pregnancy Waiver found at [www.LlveWell.com](http://www.LlveWell.com) by 11/28/2025.

\*Non-union: If you are unable to meet the Health Screening requirements, your physician can sign a Medical Waiver found at [www.LlveWell.com](http://www.LlveWell.com) by 11/28/2025.



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