

Progress is Personal

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



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. Health Screening deadline is 9/30/2025.
- **Get a snapshot of your health**—The Well-being Questionnaire is a quick health assessment that gives you a personalized health report and recommendations.
- **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.
- **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.
- **Automatically track activity**—Visit the Device and App Connection Center to track and upload your activity with a fitness device or app.
- **Easy access**—Conveniently enjoy exercise videos and mental health podcasts with the media toolbox, and manage your health information securely in the portal.

www.LlveWell.com

Download our app

1. Visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code: **LIIVEWELL**.
3. Register a new account and personalize your experience by answering a few questions.



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 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 by 11/28/2025.