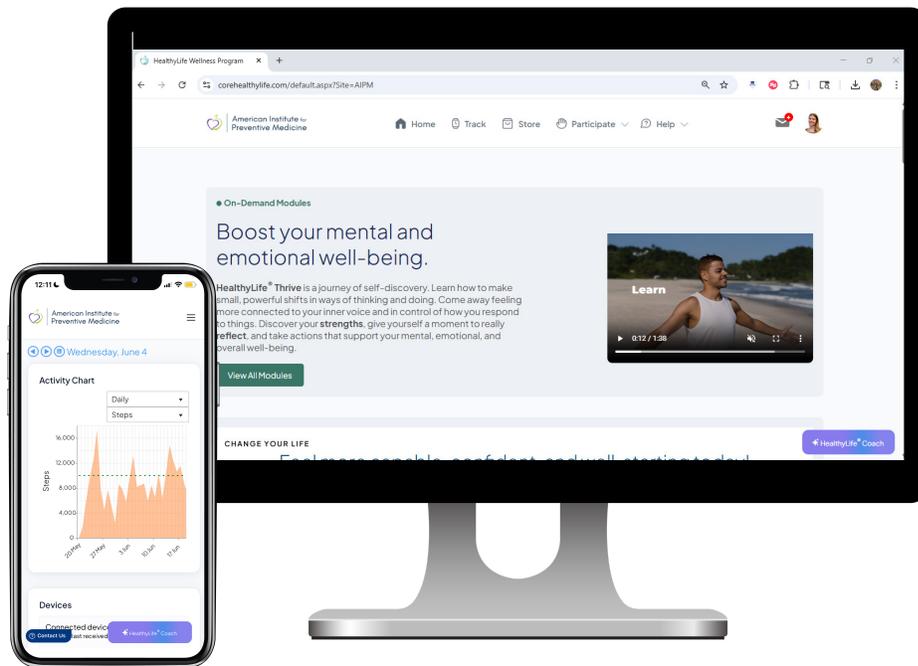


Well-Being Journey



Welcome to your Well-Being Hub!

Discover tools, tips, and activities designed to support your health and happiness at the **Good For You!** Portal. Join a supportive community and start your journey toward a more balanced, energized life.

Earn Rewards



Take part in activities like workshops, health tracking, and goal setting to earn points toward your well-being incentive. Your healthy choices add up to real rewards.

Monthly Themes



Explore a new wellness focus each month—like sleep, nutrition, or emotional well-being—with fresh tips and activities to help you build healthy habits that last.

Device Integration



Sync your fitness apps or devices to automatically track steps, sleep, and more—making it easy to stay on top of your progress.



Register Today

CoreHealthyLife.com/GoodForYou
or call 800.345.2476 (press 4)

