Wellness is Personal

New wellness program, powered by WebMD ONE, coming soon!

WebMD ONE is a partnership between PEBB and WebMD to help bring out your best, based on your personal needs and interests. It will help you set goals, track your progress, keep you motivated and provide valuable information along the way. As an added bonus, signing up for ONE counts as a Health Action for HEM!
Discover health and happiness
Whether you’d like to spend more time in nature, in the comfort of your home or in the company of loved ones, we offer exciting new tools that can help you enjoy better well-being and experience more feel-good moments in your life. Any PEBB member, spouse/partner, or dependent age 18 or older who is covered under medical insurance provided by PEBB is eligible to participate.

Map your way toward well-being with proven resources:

- **Daily Habits**—Set and track health goals through a personalized, mobile-first experience.
- **Personal Health Record**—View all of your health information in one place.
- **Competitions**—Engage in friendly competition with your colleagues to encourage each other to make healthier choices.
- **Media library**—Watch guided meditation videos, listen to podcasts on well-being topics, get access to recipes and more.
- **Device and App Connection Center**—Connect a fitness device or app to automatically upload your activity.

Stay tuned!

More information is coming soon.