

Healthy Team Healthy U/Stay Well Information:

Live Webinar - 3:00 p.m. on Thursday October 8, 2020

Description: Healthy Team Healthy U (HTHU) is a wellness program that is provided by PEBB to PEBB members, spouses, and dependents who are at least 18 years old. There is no cost, no commitment requirements, and no penalties for not completing the program. HTHU provides resources to help you work towards and achieve your wellness goals. We have recipes, workout videos, a mental health podcast series, personal goal-tracking challenges, and provide education on topics such as sleep, portion control, energy, and stress management. Join the webinar to learn how to get started and how to get the most out of Healthy Team Healthy U!

Registration link for the live webinar:

<https://attendee.gotowebinar.com/register/1325147216628596237>

Door Prize: We will have a water bottle, reusable straw, and pop socket. There will be two winners who will be selected from the attendees of the webinar and the two winners will each be given the water bottle, reusable straw, and pop socket.

Healthy Team Healthy U sign up link: pebbwellness.com

Mobile App found on the App store or Google Play: My StayWell

Short website demo videos:

Registration & Dashboard Overview

(4:41): <https://register.gotowebinar.com/recording/1797610661291764483>

-This demo gives a quick overview of Healthy Team Healthy U, how to register on the website, choose a level, get teams set up, and highlights key areas of the dashboard, or the main screen when logging in.

Sessions 101 (2:45): <https://attendee.gotowebinar.com/recording/6267406902908934159>

-This demo walks through what an educational learning session entails.

Syncing Devices, Challenges & Resources

(5:22): <https://attendee.gotowebinar.com/recording/785366171897890574>

-This demo shows participants how to sync an activity tracking device to the app or website, what the challenges and leaderboards show, and some of the extra resources (recipes, workout videos and plans, monthly newsletters, participants can access on the platform. Participants are *not required* to sync or have an activity tracking device in order to participate!

If anyone would like to schedule an appointment with me to ask any questions about the program can send me an email to schedule during that week! ljacobson@staywell.com

Door prize: Employees can enter in to win our prize by attending my webinar at 3pm on October 8th.

After the webinar is over, a survey question will pop up and employees can type in their email addresses to be entered in the drawing. I will randomly select a winner from the email addresses submitted.

-H2GO Water Bottle and *potentially* a gift card—**will follow up on this with you next week when I send you the webinar link!**

