

Healthy Team Healthy U®

Healthy Changes Made Easier

More energy. Less stress. Better sleep. Improved fitness. Whatever your wellness goals, the Healthy Team Healthy U program has resources to help you get there. We've got information to inspire you, social and coaching connections to motivate you, and tools to track your progress.

Who Can Participate?

Any PEBB member, spouse/partner, or dependent age 18 or older who is covered under medical insurance provided by PEBB.

How Do I Get Started?

Register for a wellness platform account today!
Visit PEBBWELLNESS.COM to sign up.

How Much Does It Cost?

It's provided by PEBB at no cost to you!

Sign Up and Pick a Level That Matches Your Health Goals

LEVEL 1



Focuses on better food and beverage choices, exercise, stress management, getting better sleep

LEVEL 2



Highlights back health, strength training, mindful eating, understanding depression, nutrition for a healthy lifestyle

LEVEL 3

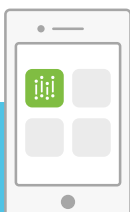


Concentrates on cardiovascular health, aerobic endurance, lowering sugar intake, meditation and relaxation techniques

Register to Enjoy Features that Make Healthy Living Easier

The wellness platform gives you access to a personal dashboard with a host of resources and activities:

- Fitness videos for yoga, endurance and strength training
- Personal goal-tracking challenges to adopt healthy habits like eating more plant-based foods, exercising and meditating
- Friendly competitions with colleagues
- Quick nutrition videos and healthy recipes
- Monthly e-learning sessions on topics like sleep, energy and portion control
- Device syncing and more!



Sign up today at PEBBWELLNESS.COM and enjoy the Beyond Well monthly podcast series for stress-management tips and tactics.

Get HTHU on the Go!

Access program resources on the My StayWell app, available on Google Play or the App Store