

PROGRAM DETAILS

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1. Activate your account

Look for an activation email from noreply@wellright.com to complete the registration process. If you lose the email, visit <https://sourcewell.wellright.com> and click 'Register'

Track Healthy Habits. Earn Points. Get Rewards!

JANUARY 3, 2022 – DECEMBER 15, 2022



Employees on the health insurance plan
can earn up to **\$250!**

1 Point = \$1



2. Participate in challenges to earn up to \$250

- **Age Gage** - find beneficial information about your health age, habits, and risks
- **Quarterly Challenges** – there will be a new 30-day habits-based tracking challenge, wellbeing activity, and university course each quarter
- **Preventative Care Challenges** – keep your wellbeing in check all year long
- **My Personal Wellbeing Journey Section** – pick your own Personal or Peer to Peer Challenge

3. Interact with these features

- ✓ **Mobile Friendly**— Download the WellRight App
- ✓ **Fitness Devices**— Sync your Fitbit, Apple Watch, Garmin and more
- ✓ **Daily Reminders**— Track daily habits via text reminders
- ✓ **Stay Connected**— Post on message boards, view leaderboards, or try a peer- to peer challenge