

NBHP WELLNESS PROGRAM

POWERED BY: **WELLABLE**

*A Healthier
You Starts
Today!*

YOUR PATH TO WELLNESS STARTS HERE



FUN CHALLENGES

Monthly challenges that keep you motivated.



EXCITING REWARDS

Earn 6,000 points and go into a raffle drawing for a \$25 gift card.



ACTIVITY TRACKING

Sync your devices and track your steps, workouts, and more.



SOCIAL CONNECTION

Connect with colleagues and support each other.



HEALTH RESOURCES

Access tools and resources to support your well-being.



PERSONALIZED INSIGHTS

Track your progress and celebrate your achievements.

Create a Wellable Account

Login to this website to create your username and password.

app.wellable.co/nbhp

- 1 Create a Wellable Account
- 2 Get connected on your devices
- 3 Start earning Wellable Points
- 4 Your Wellness Journey starts here!