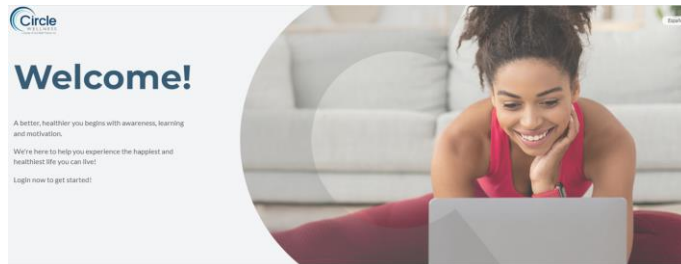


Your Personal Health and Wellbeing Portal

circlewell.com

Your wellness benefits include access to a personal, confidential portal full of valuable tools and resources to help you towards a better, healthier you!




- View your wellness incentive status
- Complete a health risk appraisal (HRA) questionnaire
- Schedule view and print your health screening results
- Upload and download forms
- Sync your health devices
- Create or participate in challenges
- View hundreds of health and wellbeing videos
- Search and access thousands of health articles
- Participate in on-demand coaching programs
- Create and track personal health goals
- And so much more!



There are now short videos, quick reads and “micro-courses” front and center that focus on mental and emotional wellbeing along with other important health topics.

Quick Helpful Resources

Explore short videos and articles to help you towards your overall wellness and wellbeing.




Not Sleeping Well ?

Watch 3 minute video



Changing Negative Thoughts

Watch 2 Minute Video




Dealing With Debt

Article: 7 minute read

Want to invest more time? ^


These micro courses can all be completed in less than two hours and are broken into sections for your convenience.



Healthy Weight

Reach and maintain a healthy weight for life!


Learn More



Nutrition

Learn all the basic elements of nutrition.

Learn More




Stress 101

This course covers stress basics.

Learn More

Participate in on-demand video and interactive coaching programs in private.

Cognitive Training Courses




COGNITIVE TRAINING (4 weeks)

Overpower your cravings

Learn how to change the way your mind responds to food, and drop the pounds permanently without even trying!

TAKE COURSE




COGNITIVE TRAINING (3 weeks)

Gain control over drinking

Drinking too much? Choose health, choose clarity, choose sobriety - without feeling deprived. Completely confidential

TAKE COURSE



COGNITIVE TRAINING (3 weeks)

Manage your diabetes

Diabetes got you down? Manage it with power and confidence, and lead a normal, happy life.

TAKE COURSE



You can create personal goals throughout the year and receive reminders to track your progress with easy-to-use tools.

The screenshot displays the 'My Goals' section with a calendar for September and October, a 'Sync Devices' section with an Apple Watch icon, a 'Count Steps' form with date and step number input, a 'Steps History' area with a line graph showing daily step counts from late August to late September, an 'Add Sleep' form with start/end time and duration input, and a 'Sleep History' area with a line graph showing sleep patterns (Asleep, Restless, Awake) from late August to late September.

You can now create “buddies” by connecting with co-workers and compete in custom challenges—one-on-one or in small groups.

The screenshot shows three panels: 'Buddy Challenges' with a 'Create' button and instructions on how to set up challenges; 'My Buddies' with an 'Add a Buddy' button and sections for 'My Buddies', 'My Invitations', and 'Waiting for approval'; and 'My Challenges' with tabs for 'Current', 'Upcoming', and 'Completed', and a message stating 'You're currently not participating in any challenges.'

