

Welcome to **BeingWell**! It's more than just promotion of exercise and proper nutrition - it's about being proactive and taking accountability for your total wellbeing!

WRLA Members and their employees are part of the **BeingWell** community where you receive:

- Unlimited, 24/7 access to tools and resources that help you improve your total health and build your personal network of Wellness connections!
- An intuitive layout of the portal to simplify navigation and allow you to find what you're looking for - fast!
- **@BeingWellSocial** feed on Twitter and Facebook to provide helpful tips and resource links right to your daily news feed - no search required!
- The ability to customize a **BeingWell** portal for your own organization exclusively! Host your own benefits and/or retirement plan details, feature sections that address your employees' health risk areas and receive your own activity reports to demonstrate the value of this program within your organization.

Access BeingWell:

We encourage you to explore your BeingWell portal with the following:

www.hubinternational.com/WRLABeingWell

Login: WRLA

Password: BeingWell

Enjoy your journey to Wellness through BeingWell!



**Physical
Health**



**Financial
Health**



**Mental
Health**



**BeingWell
Social**