



2023-2024

# Health and wellbeing at your fingertips



## Log in or register for holistic tools and resources.

Visit [ebcwellbeing.com](http://ebcwellbeing.com) to learn more about the EBC Wellbeing program! Log in for everything you need to know about the program, and for holistic tools and resources organized under the 8 Pillars of Wellbeing: balance, community, financial, mindfulness, nutrition, physical, purpose, and social.

### Learn and grow

Videos, articles, and other tools support a wide range of topics related to financial, physical, mental, and emotional wellbeing.

### Have fun!

Healthy living doesn't have to be a chore. Join personal and group challenges, create your own group "snap challenges," and share your successes in the photo gallery.

You can also sync apps and devices, find delicious healthy recipes, track your nutrition, hydration, sleep, and much more. Wherever you are on your wellbeing journey, you'll find resources to help you get to your destination.

### If you need to register:

1. Visit [ebcwellbeing.com](http://ebcwellbeing.com)
2. Select JOIN NOW and follow the onscreen prompts.

### Returning user

Simply enter your username and password.

### Questions

[info@navigatewell.com](mailto:info@navigatewell.com)  
(888) 282-0822



Don't forget to download the *Navigate Wellbeing* app for a convenient and easy way to track your activities. The app is available as a free download in the Apple App Store and Google Play App Store! Scan the QR code to download.