



Addictive Behaviors



Fitness



Mental Health



Mindfulness



Nutrition



Parenting & Caregiving



Personal Growth



Physical Health

Find Your Way to Wellness with LifeSpeak Programs

Set your goal... and receive guidance and support from start to finish!

If you are looking for more structure in your wellness routing, our goal-based programs are designed just for you. Each day, you'll receive targeted content that builds upon the previous day, helping you achieve lasting healthy habits over several weeks.

LifeSpeak is your personal resource for improving mental and physical wellness to help you live a healthier, more balanced life. LifeSpeak is here to help you every step of the way.



portal.lifespeak.com
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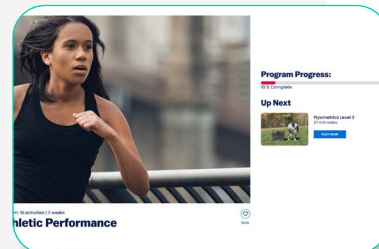
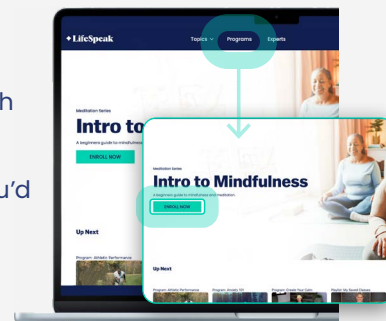
HOW TO GET STARTED

Select **"Programs"** to explore a full list of health and wellness programs.

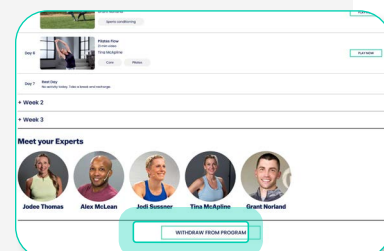
Choose the program you'd like to join, then select **"Enroll in Program"**.

Note: You can enroll in more than one program at a time.

A progress bar and "Up Next" marker will appear to let you know exactly where you're at in the program. **Select the class or activity under "Up Next" to get started.**



Need to exit a program? Select **"Programs"** or go to the home screen. In the program banner, select **"View All Activities"**, then select **"End Program"**.



For a complete history of your program participation, select **"Library"**, then **"Program History"** to view all active and completed programs.