

Wellness At-a-Glance:

Start Your Journey Right Here, Right Now

As a Wellstar team member, you have a variety of unique ways to up your wellness quotient. Here's a handy guide to all the FREE wellness offerings available to you and how to access them.

sharecare

An easy, personal way to manage your health and get rewarded. All information is confidential and highly customized. **Register at teamwellstar.sharecare.com or use the QR code.**



spring health

Our fast, personal and confidential Employee Assistance Plan, providing tools for a healthier, happier life. **Register at wellstar.springhealth.com or use the QR code.**



headspace

Free Headspace subscription through April 2022. This mindfulness and meditation app helps with stress, anxiety, sleep, focus, fitness and more. **Use the QR code to register then download the app.**



Wellstar Employee Fitness Center

Free access to any of our 15 fitness centers through April 2022. **Use the QR code to sign the liability waiver, required to activate your membership.**



Spend less than three minutes to get a better understanding of your well-being, identify risk areas and access valuable tools. Completely confidential. **Use the QR code to get started.**