

Are you looking for **PERSONAL** health recommendations?

Have you logged into the Employee Wellness “Wellsuite Portal” lately? *This is the website/portal where you filled out your Personal Wellness Profile to complete Tier 1.*

Resources the Wellsuite Portal offers:

- Weekly health news
- Healthy living guideline videos
 - Topics include: physical activity, cardiovascular health, good mental health, cancer prevention, safety, preventing diabetes, healthy weight, healthy bones, substance abuse, and eating well
- Your WELLNESS SCORE generated from your biometrics and PWP during Tier 1
- Your WELLNESS SCORES from every year you have participated in Tier 1
- Personal health recommendations based off your results
- USDA Nutrition link
- Exercise Guide link (point to the muscle you want to work and it will give you many different exercises)
- ACSM link
- Essential Life Skills link
- **LifeChange Library** to learn how to make changes to improve health

If you participated in Tier 1 and haven’t used this portal, I strongly encourage you to do so today! Just click on the link below and enter your username (WIN number) and your password.

<https://wellsuite.com/washburnwellness/ws/default.aspx?grid=b59569foad3f>



“Actually, I’d rather chase the ball than go for a walk. Sprinting is the best way to firm up flabby glutes!”

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