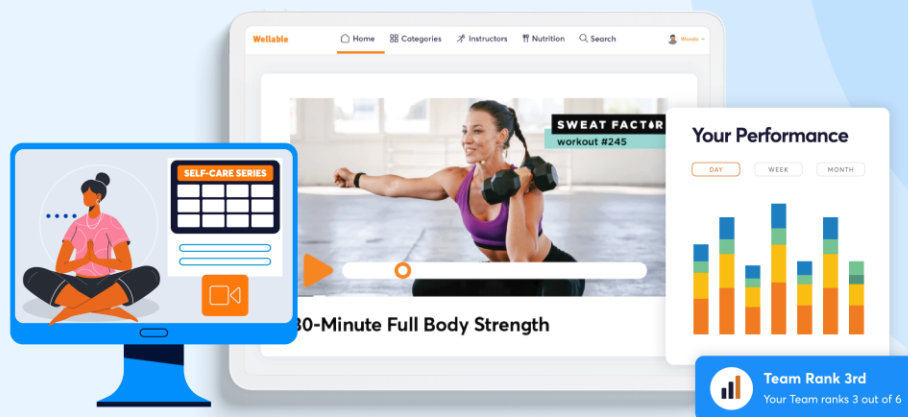


# Join the School Employees' Benefits Trust Wellness Program!



Get active, earn points, and win exciting prizes by participating in our wellness program. You can easily track your physical activity using apps like Fitbit, Apple Health, and more. As you stay active, you'll earn Wellable Points for every step, mile, and workout. In addition to tracking your fitness, you'll have access to a variety of fitness videos, mindfulness exercises, self-care videos, sleep stories, and even a recipe library to support your holistic well-being. Stay motivated with our monthly holistic webinar series and receive health tips delivered straight to your phone. Start today and embrace a balanced, fulfilling lifestyle!

## Easy-To-Follow Steps

- Scan the QR code to download the Wellable App.
- Login following the instructions in your Onboarding email.
- Connect your preferred app or device.
- You're all set.



Not registered yet? Visit [app.wellable.co/sebt](https://app.wellable.co/sebt) to sign up!