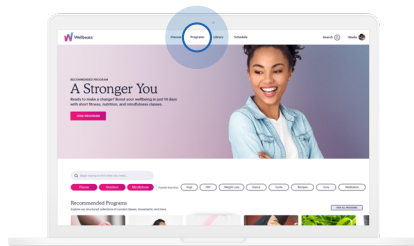


Find Support for What You Need... Whenever You Need It Most

Did you know? Your Wellbeats virtual wellness offering includes free access to mental health classes and programs to support your mental wellbeing.

In your Wellbeats account, explore mental health educational classes and programs from world-leading experts covering a variety of topics such as mindfulness and resilience, self-care, relationships, parenting, stress and anxiety, and PTSD. Participation is 100% confidential, private, and can be played at any time such as during your commute in the car or at home.

Get started by selecting "Programs" in your Wellbeats account and choose a LifeSpeak program to support your mental health today.



What's included:

- 130+ high-quality, on-demand mental health classes covering a variety of topics such as mindfulness and resilience, self-care, relationships, parenting, stress and anxiety, and PTSD
- Self-paced mental health programs to build better health, such as "Thriving Through Change", "Parenting: The Early Years", "Healthy Eating & Beyond", "Stress & Anxiety", "Focus on Self-Care: Sleep & Movement", "Navigating Relationships", and more
- Research-based, practical strategies and techniques from world-leading experts
- 24/7 access in private on your own schedule



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