



Stay active with Your Pathway to Wellness

Your Pathway to Wellness is here to support your physical well-being journey with helpful tools and resources.

Proven WebMD tools

- **Health Coaching** – Work one-on-one with a trained health professional, for free, to make progress on your personal wellness goals. Your coach can help you find motivation to work out at home, learn to cope with stress, improve your sleep, manage your weight and more. It's free, convenient and confidential.
- **Daily Habits** – Get help starting an activity routine and staying motivated! Plus, set yourself up for success with the Daily Habits fitness planner and journal. Daily Habits uses the power of behavioral science to help you achieve your well-being goals.
- **Wellness Videos** – Check out the exercise guides, cooking demos, guided meditation videos, and much more.
- **meQuilibrium** – Discover tools and activities that can help you stay motivated, fight stress, find a work-life balance and more.
- **Trackers** – Connect a fitness device or app to automatically upload your activity.

Additional resources through Your Pathway to Wellness

- **Wellness Center** – The space is designed to support a variety of wellness goals. If you're not sure where to start, try out the interactive training mirrors that guide you through your workout or relax in the meditation room. Or stop by to check out our monthly schedule of events to find an activity that interests you. Can't make it to the Wellness Center? Check out our monthly calendar at countywellnesscenter.weebly.com that has clickable links to wellness activities you can do virtually.
- **Resources for Living** – A free and confidential benefit that can help you and your eligible dependents improve your well-being and manage everyday concerns.
Log in to your EAP website resourcesforliving.com.
Username: Orange County ca / Password: eap
For assistance, call EAP at 800-221-0945.
- **Active & Fit** – The program includes gym membership to your choice of standard fitness centers and/or premium exercise studios with 20-70% discounts on most. Plus, you can access digital workout videos.
Available to all County employees through the EAP. To learn more, log into resourcesforliving.com and scroll down to the "Today I want to" section and click on "Access discounts and more".
- **Health plan resources** – Access even more well-being resources from Kaiser, Cigna and Blue Shield.
 - » Kaiser – my.kp.org/oc/
 - » Cigna – campaigns.cigna.com/countyoforange/
 - » Blue Shield – myoptions.blueshieldca.com/oc

Get started today at webmdhealth.com/countyoforange.