



# A wellness program built for personalization

Get support to help you make sustainable changes at your own pace

## Your Wellos journey starts now



### Tracking to help you learn

Personalized suggestions based on your real-life data



### Coaching that comes to you

Online coaches and behavior change lessons by your side as you build sustainable habits



### Personalized support

Challenges designed to help keep you excited about the changes you're making

## Enroll today

Join Wellos at no cost to you!



Download the app or go to [wellos.com/member](https://wellos.com/member) to get started today!



**United Healthcare**  
Oxford

Wellos is a voluntary digital wellness program for fully insured business. A buy-up option, which includes 1:1 live coaching, is available for purchase for certain groups (buy-up option not available in NM and pending approval in CA, HI and MT). The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you.

Oxford insurance products are underwritten by Oxford Health Insurance, Inc. Oxford HMO products are underwritten by Oxford Health Plans (CT), Inc.