Introducing

Healthy Team Healthy U®

CLINICALLY TESTED. PROVEN TO WORK.

ADVANCED ACTIVITY TRACKING
Personalized platform makes it easy to track and monitor the success of you and your team.

ESSENTIAL TOOLS
Participants receive a high-tech pedometer and our comprehensive proprietary 12-session workbook to jump start their path to better health.

RESULTS
The only digital health program proven in peer-reviewed medical journals to generate positive physical and mental health outcomes.

YOUR PUBLIC EMPLOYEES’ BENEFIT BOARD (PEBB) IS PROVIDING THIS INNOVATIVE PROGRAM SERIES PROVEN TO HELP YOU LEAD A HEALTHIER LIFE. YOU GET TOOLS TO HELP YOU IMPROVE YOUR DIET, BE MORE PHYSICALLY ACTIVE, HAVE MORE ENERGY, AND ENJOY BETTER HEALTH. THIS FUN AND HIGHLY EFFECTIVE TEAM-BASED PROGRAM IS NOW AVAILABLE TO PEBB MEMBERS, SPOUSE/PARTNERS, AND DEPENDENTS 18 AND OLDER!

Enroll today in this PEBB-covered program and satisfy your two healthy actions for HEM! You can sign up at PEBB.HTHU.com or get started by calling us today at 1-855-483-2667.

WHAT YOU’LL GET

PEER SUPPORT
In person meetings paired with real-time private social feeds, and community based interactions gives the support needed to achieve personal and team goals.

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EXERCISE & COOKING VIDEO SERIES
Strength training videos, cooking videos, and healthy recipes support participants as they advance through the program.

REAL-TIME RANKINGS
Feeling competitive? Compete with others or set a personal goal, crush it, and climb up the leaderboard.

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