

Introducing Healthy Team Healthy U[®]

CLINICALLY TESTED. PROVEN TO WORK.



CHOOSE YOUR PROGRAM LEVEL



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



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.



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



RESULTS

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

EXPERIENCE THE FUTURE OF DIGITAL HEALTH

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