



Sign up
starting
January 4

Lace up

IT'S GAME TIME

Your new well-being program is here!

Starting January 4, you can start building healthy habits, have fun with coworkers and experience the lifelong rewards of better wellbeing.

With a **NEW** mobile app, you can sync your activities directly to the portal. Earn points for tracking healthy habits and more!

Look for an email on January 4 from Virgin Pulse to sign up. Remember, you will access the portal the same, but you will need to enroll in the new system first.

For more information, visit Eweb or cabq.gov/BetterHealth



BetterHealth
Better you.



WELLNESS AT WORK