

Introducing Wellable

A new benefit from



Wellness Challenges



Step and Movement Challenges

- Create and run wellness challenges for your organization
- Participate in the annual grantee vs. grantee challenges hosted by Oregon Well-Being Trust
- Hold team vs. team or department/building challenges

New Features



On-Demand Content to Support Individual Well-being

- Workout videos
- Recipes and meal prep tools
- Mindfulness and meditation practices
- Sleep stories

**Monthly well-being webinars
(Recordings available)**

**Optional well-being
newsletters**

Learn about the platform launch on the next page!



Wellable Launch Details

January

Wellness coordinators sign their organizations up for Wellable. To have access to the new platform starting on March 3, wellness coordinators need to sign up by January 31.

February

Wellable staff sets up sites for grantees on the Wellable platform.

Wellness coordinators and Wellable Admins get resources about how to use the new platform by email.

March

Wellness coordinators and Wellable Admins get the link to their organization's Wellable site on March 3.

Employees can create a Wellable account using the link, then login on an internet browser or through the Wellable app.

Wellness coordinators can start creating and running challenges.

Grantee vs Grantee Challenge



Our first grantee vs. grantee challenge on Wellable will be starting later this spring! Encourage your colleagues to sign up and sync their fitness devices or health apps!