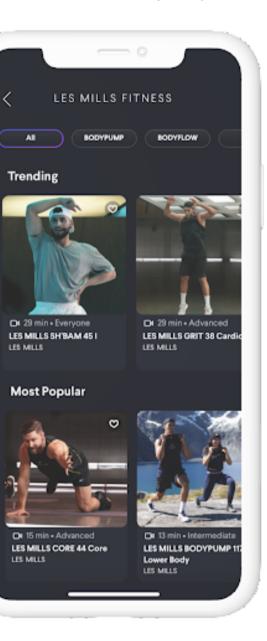


## YOUR 2-WEEK WELLNESS COACH TRIAL GUIDE FOR USERS

Your company has signed up for Wellness Coach! Let's get started.



## 01 Introduction Video

Learn all about what Wellness Coach has to offer with this quick <u>introduction video</u>

## 02 Create Your Account

Use one of our integrations: <u>Zoom</u>, <u>Slack</u>, <u>Microsoft Teams</u> or open the <u>app</u> and log-in with your work email

## 03 Enjoy & Explore

Explore our vast database of on-demand content, coaching resources, and team challenges

Launch your trial with any of the following integrations:





