

Create your path to well-being

Bring healthy habits within reach



Taking small steps to improve your health can add up to big results. We offer Achieve Well-being to give you an easy and fun way to set and reach your health goals.

Your well-being journey is personal, and your health goals are unique to you. Whether you want to eat better, sleep more, manage stress, or get more active, we can help you get there.

Getting started

Here's how to get started with Achieve Well-being:

1. Log in at myibxtpabenefits.com and complete your Well-being Profile. This will give you a snapshot of your current health, and you'll get a personalized report with suggested areas to focus on.
2. Choose the health goals that are important to you and create an action plan. You'll have access to an expansive library of health content and hundreds of programs to choose from.
3. Track your activity level and progress by syncing popular fitness apps or devices.
4. Look for reminders and encouraging emails that we'll send along the way to help keep you motivated and track your progress.

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Log in at myibxtpabenefits.com or download the **IBX app** to start your well-being journey today!



Earn tokens and badges

You can earn tokens and badges for every small step that you take to reach your health goals. The more you use Achieve Well-being, the faster you'll earn them!

Here are some ways you can earn tokens and badges:

- Complete your Well-being Profile by logging in at myibxtpabenefits.com
- Sync a health app or device
- Watch a health video
- Finish a program