

Wellbeats Wellness: Reset with *Wellness Time Savers*

As the seasons shift and the year winds down, it is easy to focus on everything and everyone else. But *your* well-being matters too. That's why this November, we're asking you to make space for self-care.

As part of your benefits, you have access to [Wellbeats Wellness Time Savers program](#), which is crafted to support your well-being, no matter how packed your schedule is. With quick workouts, calming mindfulness practices, and practical nutrition tips, you'll be able to make meaningful progress toward feeling healthier and more balanced.

Ready to start the *Wellness Time Savers* program?

Access Wellbeats via the [mobile app](#) or on your [internet browser](#) and log in with your Outlook email address. If you have log-in questions, [email Wellbeats support](#).