

# 2025 LiveWell Wellbeing Program

**Your Benefits, Your Wellbeing:**  
*Designed with you in mind*



## Make wellbeing your priority

- Engage in your own wellbeing journey.
- Identify all the wellbeing resources and programs available to support you in your journey.
- Get you the resources you need to help reward yourself with health.

## It all starts with a simple click

**Robust tools and features designed to help you develop healthy habits that last a lifetime**



### Health assessment

Helps you build a picture of your health, goals and preferences



### My record

See your health information, prescriptions and more all in one spot



### Coaching support

Improves your health in fun, meaningful ways. Connect digitally or telephonically to start your journey



### Social communities

Interact with your peers who have similar challenges and goals



### Apps and devices

Access your resources anytime, anywhere with the ActiveHealth® app or with your wearable devices



### Adventure challenges

Take part in individual or team challenges to help you achieve your health goals

## Who is eligible?

Mountaineers and spouses or domestic partners enrolled in an Iron Mountain medical plan are each eligible to participate

Visit [irmbenefits.com](https://irmbenefits.com) to learn more about the LiveWell program.

