



Work-life wellness is priceless.

Getting started is **SIMPLE** - download the Wellhub app and get **INSTANT ACCESS** to some of our **TOP-RATED** apps for free in the Digital Plan.

Burnout Prevention



IFEEL
Self-care tools and wellbeing content

Gym Tracking



GYM LIFE
Create and track your workout routines

Sleep



SLEEP CYCLE
Sleep Tracker, Monitor & Alarm Clock

Fitness



FIZZUP
Time effective workouts without equipment

Mind



MEDITOPIA
Meditation, Sleep, Mindfulness

Healthy Habits



FABULOUS
Build better habits & achieve your goals

Women's Health



MAYA
A smart personal health assistant for women

Nutrition



FASTIC
Personalized approach to intermittent fasting

Nutrition



MyFitnessPal
Track your exercise and nutrition goals

Fitness



YOGAIA
Practice yoga simply



- 1 Download the Wellhub app.
- 2 Create your free account or log in to your existing account.
- 3 Browse through the variety of plans and choose the best one for you!