

A wellness program built for personalization

Get support to help you make sustainable changes at your own pace

Your Wellos journey starts now

Tracking to help you learn
Personalized suggestions based on your real-life data

Coaching that comes to you
Online coaches and behavior change lessons by your side as you build sustainable habits

Personalized support
Challenges designed to help keep you excited about the changes you're making

Enroll today

Join Wellos at no cost to you!

Download the app or go to wellos.com/member to get started today!

United Healthcare®

Wellos is a voluntary digital wellness program for fully insured business. A buy-up option, which includes 1:1 live coaching, is available for purchase for certain groups (buy up option not available in NM and pending approval in CA, HI and MT). The information provided under this program is for general informational purposes only and is not intended to be nor should be construed as medical advice. You should consult with an appropriate health care professional to determine what may be right for you. Insurance coverage provided through UnitedHealthcare Insurance Company or its affiliates.

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