

It's time to get...



# Wellable

## JOIN THE DOHC WELLABLE WELLNESS CHALLENGE!

- Increase your physical activity
- Focus on health and well-being
- Have **FUN!**



The Wellable online platform and mobile app make it *easy for you to:*

- Start with a **Personal Wellness Assessment**
- Access a diverse library of turnkey challenges
- Attend regular webinars designed for your holistic well-being
- Create your own fitness regimen with over 400 videos
- Tap into presentations, health coaching, and events
- Quit smoking with a personalized plan and access to live coaching
- **And MUCH MORE!** More details for signing up and prizes are coming soon!

The DOHC Sign Up Page has been created! You can access it here:  
[app.wellable.co/DesertOasisHealthcare](http://app.wellable.co/DesertOasisHealthcare)