

WeShare[®] Wellness Perks



An Introduction to Your WeShare Wellness Perks

Caring for your mind, body, and spirit goes beyond taking care of your medical needs, which is why WeShare provides the resources needed to help proactively manage your whole health – mind, body, and spirit – with healthcare sharing and wellness perks.

Enjoy access to wellness perks through our partnerships with HelloFresh, Noom, FitBod, Active&Fit Direct, BetterHelp, and Right Now Media included with your membership (valued at \$1,000). Whether you're looking to begin or maintain a nutrition or fitness plan, or want resources to deepen your relationship with God, these exclusive wellness perks are available to you as a Member of the WeShare community.

Additional information about our wellness partners and how to access these perks can be found in this brochure. If you need assistance accessing any of your wellness perks, contact Member Services at 800-900-8476 or members@weshare.org.



America's #1 Meal Kit

Choose from 100+ weekly menu and market items

Your HelloFresh Wellness Perk

- Access a 52-week discount (1 full year) on HelloFresh meal kits for healthy and delicious options to help simplify meal planning
- Receive 50% off your first box and 10% off your next 51 boxes for a potential total savings of \$500 for the year
- How it works:

Pick a Plan – Choose a plan to match your lifestyle. Modify or skip a week with ease if needed

Get your Delivery – Receive weekly deliveries with step-by-step recipes and pre-measured ingredients

Cook, Eat, Enjoy – Welcome to a world where dinner is always planned, simple, and delicious

Join HelloFresh Today

- Go to hellofresh.com and create your account
- Select the plan that best fits your needs and add your selection to your cart
- Enter the wellness perk code: **UHSM2024** at checkout before you complete your purchase to redeem the discounts listed above

NOOM

A Healthier You, Wherever You Are

Transform your well-being with personalized health coaching

Your Noom Wellness Perk

- Access a 1-year membership with Noom at no cost to you
- Noom's application uses a psychology-based approach to help you understand and manage your relationship with food
- Learn how to make healthy choices and get support breaking the old habits holding you back from achieving your best health through a tailored experience offering behavioral insight, techniques to help identify healthy options without thought, meal logs, portion insight, recipes, and motivation to help keep you on track

Join Noom Today

- Scan the QR code or visit go.noom.com/uhsm
- Enter your information to complete your account creation





Break a Sweat Without Breaking the Bank™

Access thousands of fitness options to help you achieve your optimal overall health

Your Active&Fit Direct Wellness Perk

- Choose from 12,700+ standard gyms for just \$28/mo¹ including 24 Hour Fitness®, Crunch Fitness®, Blink Fitness®, Anytime Fitness® and more
- Plus, 8,700+ premium exercise studios with 20% – 70% discounts at most locations¹ including FIT4MOM®, Pure Barre®, Club Pilates®, StretchLab and more
- With no long-term contracts, you can switch gyms and cancel with ease
- Join multiple gyms and get a \$5 monthly discount on each additional membership²

Join Active&Fit Direct Today

- Log-in to the WeShare Member Portal accessible at weshare.org and navigate to the Perks page
- Find Active&Fit Direct on the Perks page and click “get started!”
- From there, you’ll be redirected to the Active&Fit Direct website to register, enroll, and obtain an ID card to present at your selected fitness center

¹ Monthly fees are subject to applicable enrollment fees and taxes. Costs for premium exercise studios exceed \$28/ mo plus applicable enrollment fees and taxes. Fees vary based on premium fitness studios selected.

² Members may purchase multiple standard and premium gym memberships with a \$5 discount off the monthly fee for each membership purchased after their first.



Elevate Your Fitness Journey

Engage in customized workouts with limitless fitness potential

Your FitBod Wellness Perk

- Access a 1-year membership with FitBod at no cost to you
- FitBod’s award-winning application leverages artificial intelligence to provide users with personalized workouts tailored to their goals, personal ability, and available equipment
- The easy-to-use platform suits people of all fitness levels, from beginner to advanced, and can be used anywhere
- No matter what you’re trying to accomplish from your fitness plan, Fitbod has unlimited workout types specific to you

Join FitBod Today

- Scan the QR code and enter access code: **wellness**
- Enter your email address to receive further instruction from Fitbod
- Follow the Quick Start Guide instructions in the email you receive from Fitbod to complete your membership enrollment





A Better You, Today

Access therapy providers to help manage your mental well-being and be your best self

Your BetterHelp Wellness Perk

Available for individuals, couples, and teens (13 yrs+)*

*Parent enrollment required

- In partnership with BetterHelp, receive your first 10 sessions per calendar year at no cost to you
- As one of the leading online therapy providers, BetterHelp can help match you to one of 30,000+ licensed mental health professionals based on your needs, preferences, and location
- Choose the session format that works best for you – video, phone, chat or message room – all from the comfort of home
- Should you wish to continue beyond the first 10 sessions, a discounted session rate is available. Group sessions are also available through BetterHelp and do not count toward your 10 annual sessions

Join BetterHelp Today

- Access your BetterHelp welcome e-mail (sent on your program effective date)
- Click “start today” and complete the BetterHelp questionnaire
- Once you’ve selected a therapist, schedule your first session through BetterHelp



Inspiring Faith, One Stream at a Time

Embrace your spiritual wellness through the world’s largest library of biblical video resources

Your RightNow Media Wellness Perk

- Access a 1-year membership with RightNow Media at no cost to you
- Enjoy the world’s largest library of video-driven Bible study and faith-based resources
- With over 20,000 topics from 150 leading Christian publishers and ministries, there is something for everyone no matter what you’re looking to deepen your knowledge on
- You’ll find helpful content on personal development, marriage, parenting life and more

Join RightNow Media Today

- Scan the QR code or visit app.rightnowmedia.org/join/uhsn
- Select “sign up” and enter the required information to complete your profile
- Begin streaming through RightNow Media

