



EHA Wellness

An educators health alliance program


EHAWELLNESS.ORG



EHA Wellness is a voluntary health improvement program brought to you by the Educators Health Alliance (EHA). It is offered to all employees of EHA member groups and supports affordable health insurance.

Your school/group has provided the EHA Wellness Program with your name and email address to keep you informed about what's coming up. You can choose to participate in any or all of the opportunities offered throughout the year.

FOR MORE INFORMATION | CONTACT@EHAWELLNESS.ORG | 402-614-0491

OPPORTUNITIES OFFERED

CHALLENGES

Starting in October you can participate in fun, online wellness challenges focusing on different aspects of your well-being. The challenges are based on small steps you can incorporate into your everyday life. Sign up at www.ehawellness.org today.

OCTOBER – Pump It Up

DECEMBER – Focused In

FEBRUARY – Well Fueled

MARCH-MAY – I ♥ Nebraska

JUNE – Safe & Secure

AUGUST – Built to Thrive

CORE WELLNESS TRACKERS

The power of habit is extremely persuasive to brain and body and taking small, consistent steps each day helps us create healthy habits. The **Core Wellness Trackers** from EHA Wellness are great tools to use on your wellness journey.

WW (FORMERLY WEIGHT WATCHERS)

EHA Wellness is now offering the WW Digital Program. WW will help you eat better, move more and positively shift your mindset. Participants receive a discounted rate.

HEADSPACE

EHA Wellness participants can receive a free subscription to Headspace, a mindfulness and meditation app. The Headspace app offers a wealth of resources to help manage stress, anxiety and more.

MONEYWELLTH

Our finances have a huge impact on our well-being. MoneyWellth is an online financial wellness program that meets you where you are in life. EHA Wellness participants receive free access to the resources.

QUESTIONS? Contact your Wellness Representative or EHA Wellness at contact@ehawellness.org.