



## Try the SmartHealth Community feature

Join a community of peers who support and uplift each other. The Community feature on SmartHealth makes it easy to connect and engage in meaningful group chats, enhancing your journey toward well-being.

The SmartHealth Community offers a space to exchange tips, share experiences, provide support, and engage in focused discussions on health goals. This feature is designed to keep you motivated and connected on your wellness journey.

- **Be Active** – Find exercise partners and learn about local opportunities to get active.
- **Eat Well** – Discover new recipes and ideas for healthy eating.
- **Sleep Tight** – Talk about your sleep struggles and find support to help you get a good night's rest.
- **Stress Less** – Share strategies for managing stress and achieving a healthy work-life balance.
- **Joyful Longevity** – Learn how your peers stay happy and healthy as they age.

**There's a Community for everyone. Find yours today.**

Go to [SmartHealth](#) or download the Wellness At Your Side app ([Apple](#) or [Android](#)) and enter the connection code: **SmartHealth**.

Visit [Accessing SmartHealth](#) for help logging on.