

What gives your life meaning?



You have a purpose – the reason you get up in the morning. You also have unique gifts to share. Finding out how to do that is achievable and worth achieving. Knowing your purpose can give you a sense of direction and create meaning in your life. It motivates you to do and be your best.

Adapt to changes

Your purpose can shift in response to the changes you experience throughout life. We all experience bumps in the road. It's natural to hit challenges and times of confusion along the way. Many people find themselves on a path in life that isn't quite what they expected.

Find your purpose

We continue to grow and be engaged, late into life. It's your story that truly matters.

Join the “**How to live a life with meaning**” activity in **SmartHealth** to explore your purpose more.

What is SmartHealth?

SmartHealth is included in your benefits and is a voluntary wellness program that supports your whole person well-being. It helps you manage stress, build resiliency, and adapt to change. As you progress on your wellness journey, you can qualify for the SmartHealth wellness incentives.

Smart  Health

Be well,
The SmartHealth Team
Supporting you on your journey toward living well