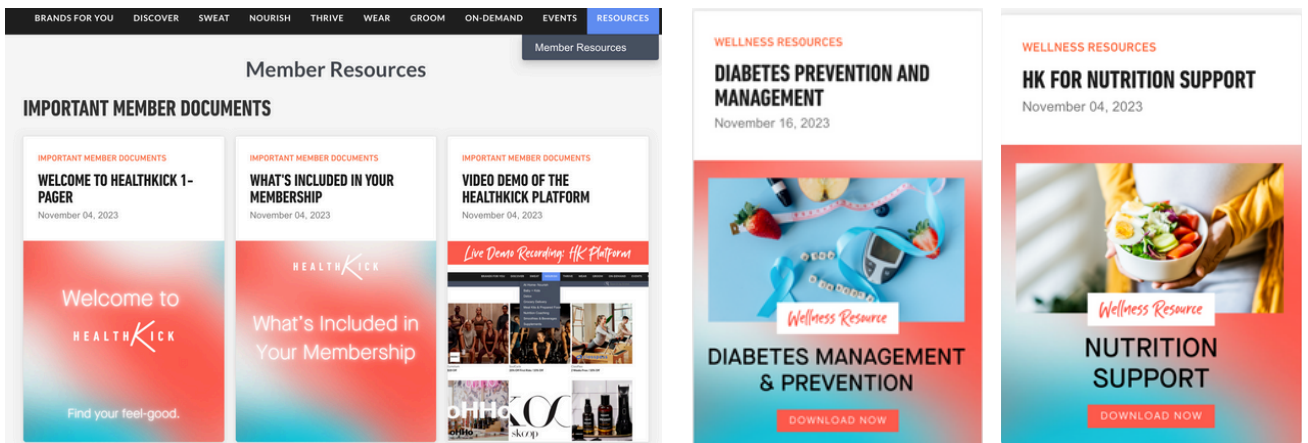


Say goodbye to expectations and hello to EXPLORATION.
Embark on your journey with HealthKick today to find your feel-good.

HealthKick's wellness benefits platform makes living well an everyday adventure by connecting you to top brands across every dimension of well-being. Discover wellness activities that move you, with personalized recommendations and expert resources tailored to your unique lifestyle.

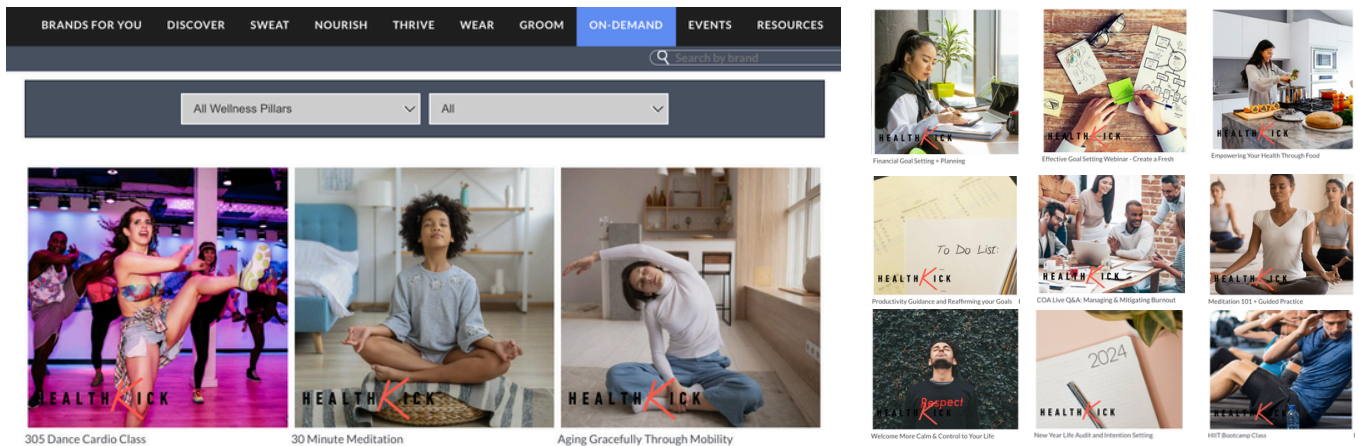
→ Get Started

Check out the [Member Resources Center](#) for a detailed look at what's included with your HealthKick benefit and more information to find the platform and wellness resources you're looking for.



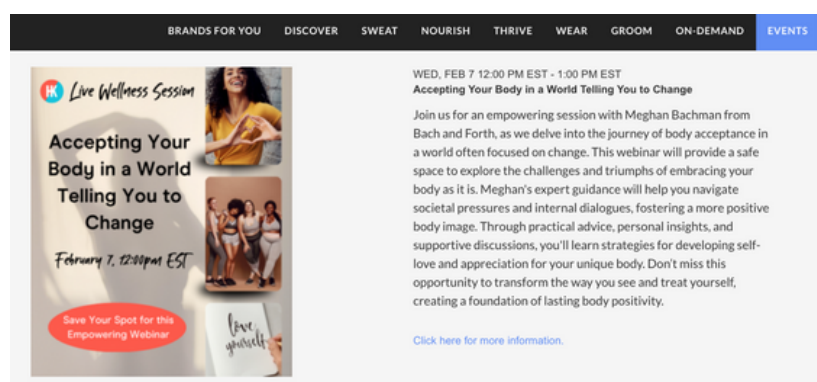
→ On-Demand Wellness Sessions

With our [on-demand webinar library](#), fit movement and mindfulness into your day anytime, anywhere with free on-demand fitness, movement, mindfulness and breathwork sessions from 10 to 60 minutes, so you can get your dose of self-care no matter where you are.



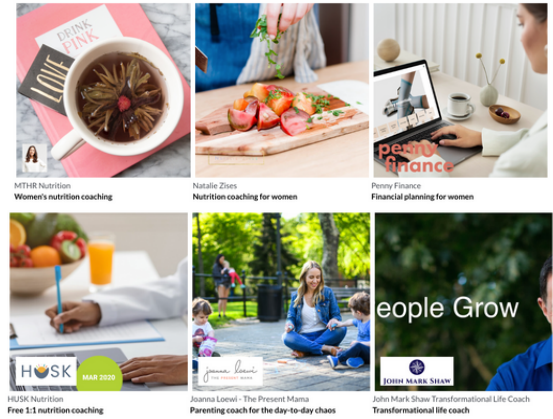
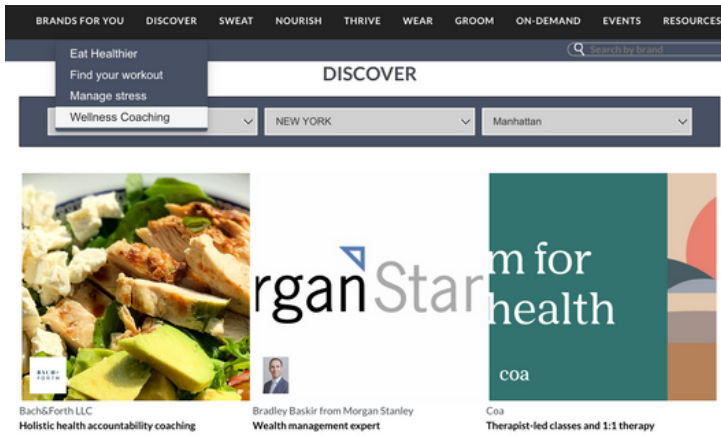
→ Live Wellness Webinars

Join [monthly virtual webinars](#) led by wellness experts on topics ranging from mental health to personal finance, nutrition, parenting, and much more, so you can feel empowered on your wellness journey to find what works for you. Can't make the live session? Access on-demand recordings in the On-Demand webinar library anytime.



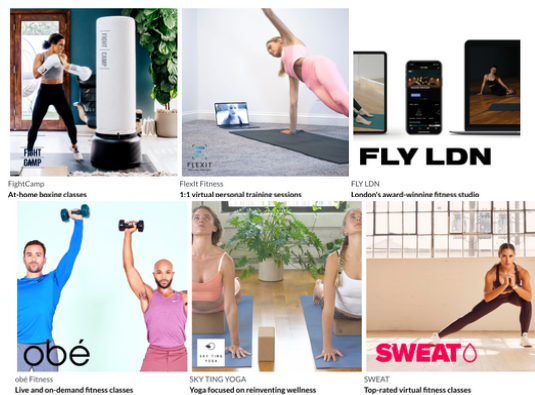
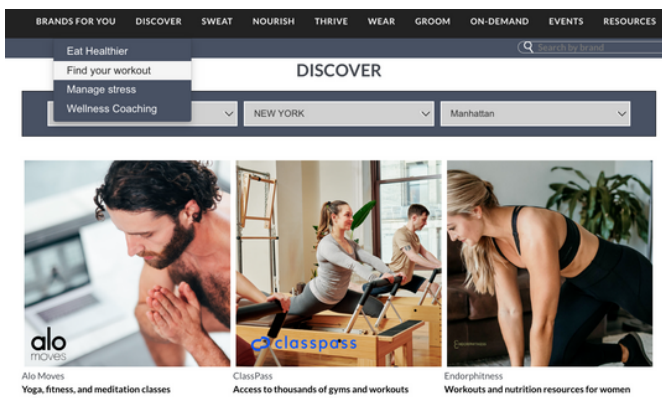
→ One-on-One Wellness Coaching

Looking to make a life change or deepen a wellness practice? Get started with a free introductory session with different expert coaches in Nutrition, Health and Behavior Change, Financial Planning, Parenting, and Life Coaching so you can determine the best coach and plan for your unique needs. Like what you experienced? Continue your work with them at ongoing preferred HealthKick partnership rates!



→ Find a New Workout

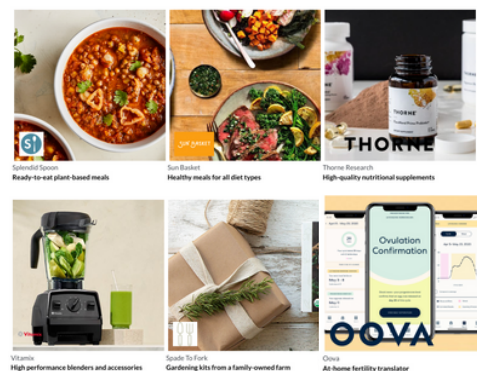
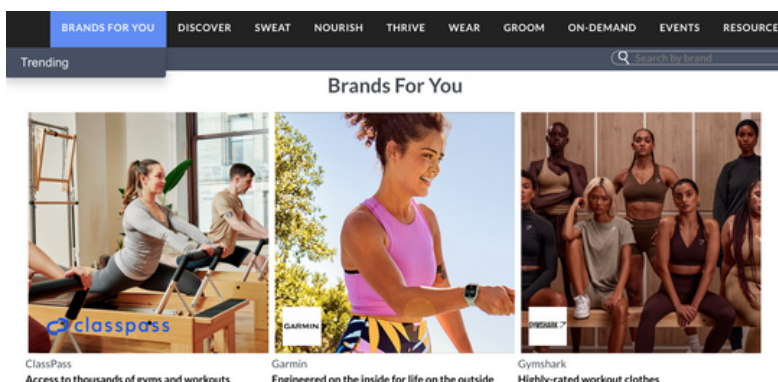
Whether you're looking for motivation to move more, or expand your routine with new types of workouts, get started by enrolling in a free trial of one week to one month with select partners, so you can find a practice that works for your lifestyle without having to commit upfront. Visit the "Find Your Workout" in the "Discover category to explore.



→ Save on Your Healthy Choices

From chain gyms and boutique fitness to meal prep and grocery delivery, mindfulness apps, high performance athletic gear, recovery and more, save on your favorite fitness and wellness brands with HealthKick's exclusive offers so you get the best prices.

New health and wellness brands are added monthly, from nutritional supplements, and personal care to at-home health testing, injury recovery, and more all with Don't see your favorite brand? Submit your brand requests so we can add them to our network!



→ Not Enrolled? Click Here to Request Your Free Account