



HEALTHCHECK360 COVID-19 RESOURCES



COACHING WEBINARS

View our coaching webinar recordings on YouTube for tips on quality sleep, hydration, stress management, and much more.



GUIDED MEDITATIONS

Prioritize mental well-being with guided meditations that only take a few minutes to complete. Get access to them on our blog.



HOME WORKOUTS

Home workouts are a great way to break a sweat and get your family involved in your fitness. Access them on our Healthy Living blog.



BENEFITS WALLET

Your Benefits Wallet keeps all your important employee benefits information in one place. View it on myHealthCheck360.com



MOBILE APP

Download the myHealthCheck360 app to see your progress and stay motivated during COVID-19. Download it now on the Apple and Google Play stores.



SOCIAL MEDIA

Follow us on Facebook, Twitter, and Instagram for tips, daily motivation, and upcoming webinars.

FOR MORE INFORMATION ON COVID-19 | Visit the COVID-19 Resource Center for best practices on preventing the coronavirus and keeping yourself healthy. Available on HealthCheck360.com.