



August is National Wellness Month

This month, build healthy habits and routines to improve or maintain your total well-being, so you can find balance and live your healthiest, happiest life! Select at least one goal from each domain and make it your plan to take care of your whole self this month.



Physical health

This month, start an exercise routine, schedule your preventive screenings or prioritize your sleep – so you can care for your physical well-being!



Financial

Map out a monthly budget or set a savings goal, so you can increase your financial security and reduce your overall stress.



Social/community

Meet up with friends and loved ones or spend time volunteering in your community so you can feel connected to others.



Emotional

Take time for self-care each day: find time to meditate and check in with yourself to determine how you're feeling.



Sharecare can help you connect the many facets of your total well-being. Check out our guided mini-programs, featuring on-demand workouts, guided meditations, and much more, by visiting mycare.sharecare.com and selecting **Achieve** and **Programs** to get started. Or log in and select **Discover** to find gyms, parks and healthy foods near you!