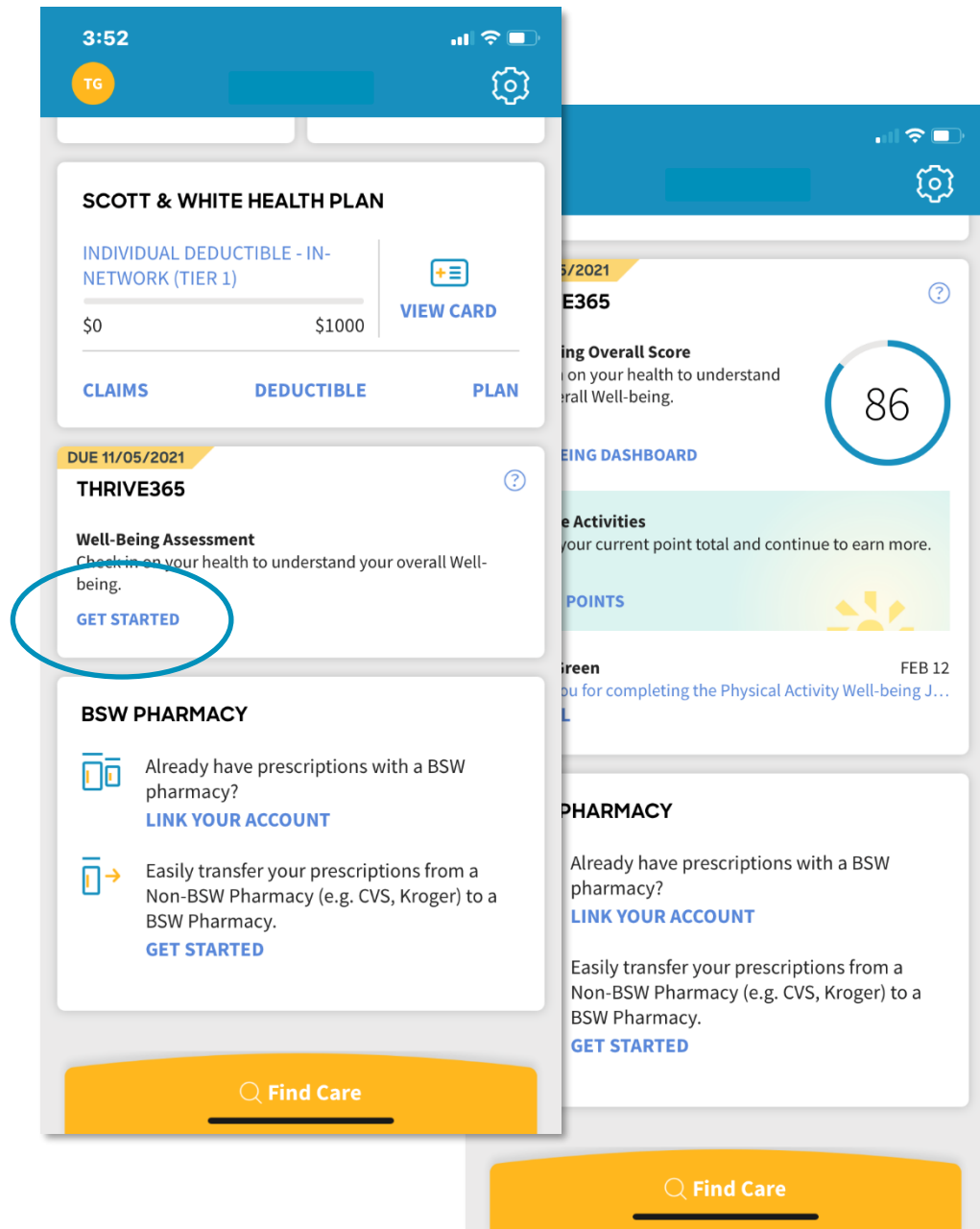
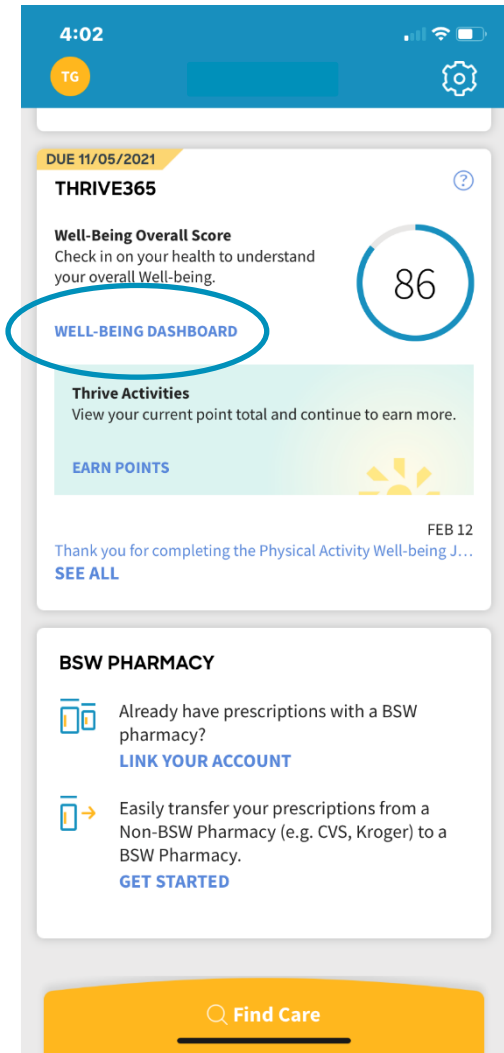


Complete a Well-being Journey

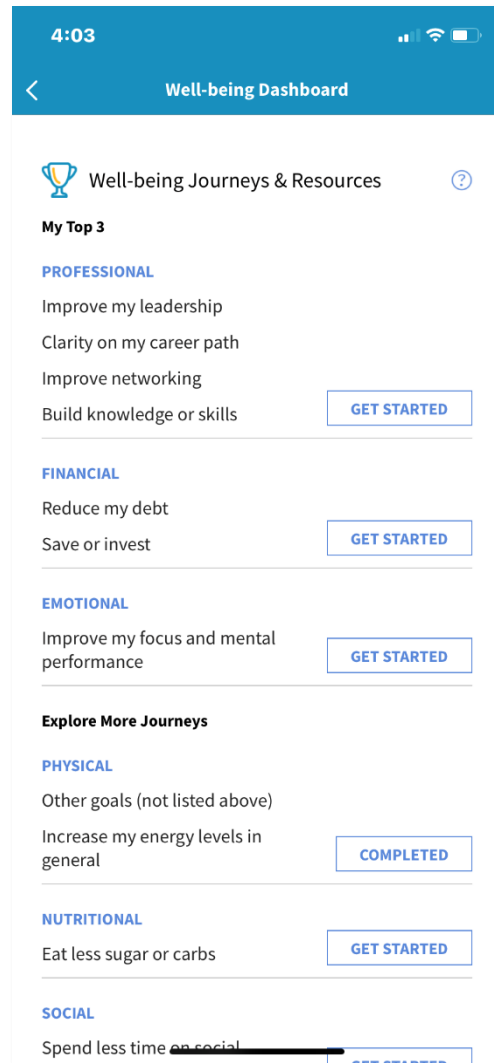
To access your well-being journeys, first you must complete the well-being assessment. You can complete the Well-Being Assessment from any internet-connected device by creating/logging in to your MyBSWHealth account—either **online** or via **the app**.



1. Log into MyBSWHealth; Scroll to THRIVE365 wellness tile and click **“View Well-being Dashboard”**

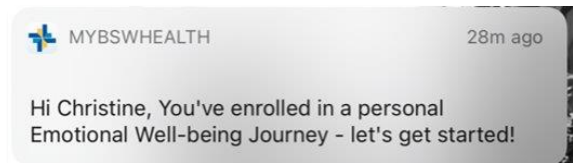
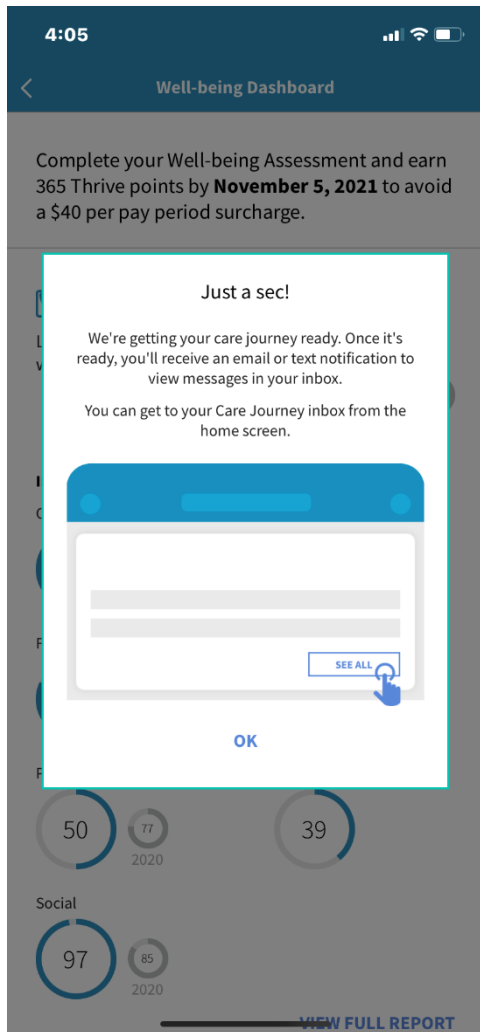


2. Scroll to the Well-being Journeys & Resources section; click **“Get Started”** to enroll in a journey



3. You'll receive a pop-up alert that you've been enrolled.

4. Receive notifications alerting you to get started!



5. Pace yourself and complete your journeys when it's best for you. Navigate your journeys by viewing your Well-being Dashboard.

