

CSJVRMA WELLNESS PROGRAM



HOW DO I GET STARTED? Employees can connect with **Halcyon Health & Wellness** by:

Log into myhalcyonwellness.com or scan the QR code to download the MyWellPortal app.



New users will select 'Register for a new account', enter the code '**cityofceres**' then use your full legal first and last name to create a profile and explore the portal.

YOUR NEW WELLNESS PROGRAM

At CSJVRMA, we believe in the power of engaging in physical, emotional, social and community wellbeing. We encourage you to participate in our new wellness program through Halcyon Health & Wellness, which is available to all full time employees at no cost. Our goal is to provide wellness resources to help you live a healthier, stronger, and more vibrant lifestyle!

Access to health and wellbeing resources is at your fingertips!

- Unlimited Health Coaching
- Fun Wellness Challenges
- On-Demand Wellness Videos
- Online Health Improvement Modules
- Wellbeing Place Blog
- Monthly Wellness Webinars
- Access to Gym Memberships Discounts

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