

MY WELLBEING Profile

Supporting a Healthy, Positive Lifestyle Through **LifeMatters**[®]

Wellbeing is about the combination of our love for what we do each day, the quality of our relationships, the security of our finances, the vibrancy of our physical health, and the pride we take in what we have contributed to our communities. Most importantly, it's about how those five elements interact.

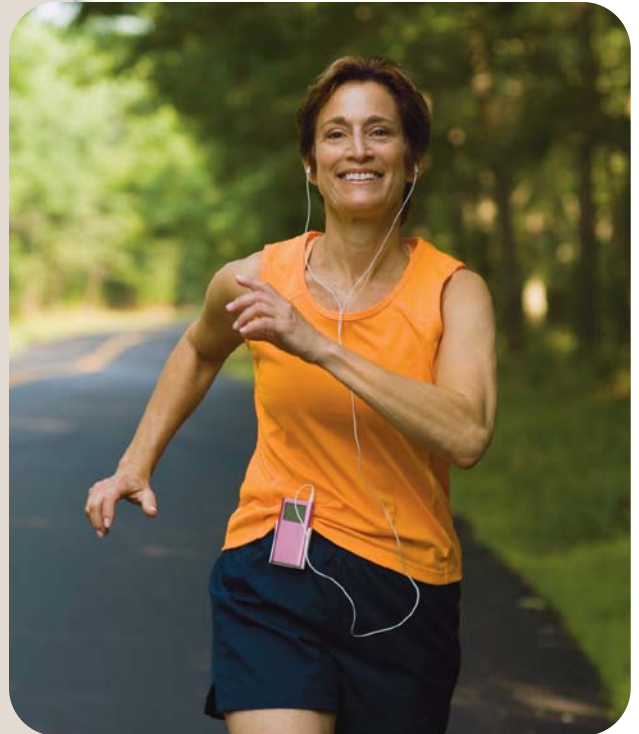
— From *Wellbeing: The Five Essential Elements* by Tom Rath and Jim Harter

Through LifeMatters, you can now complete the online MyWellbeing Profile, which will help you capture a picture of your overall wellbeing. Your profile will measure your wellbeing in five domains:

- **Financial:** security...stability...predictability
- **Career:** work...vocation...engagement
- **Social:** friends...family...colleagues
- **Community:** involvement...neighborhood
- **Physical:** health...functioning...exercise

Once your MyWellbeing Profile is complete, you can:

- Choose a Wellbeing Domain Focus
- Develop a MyWellbeing Action Plan
- Assess Readiness for Change — maximize your chance for success by determining your level of confidence before undertaking important changes
- Take advantage of free resources — use tools and exercises to help set goals



To locate the MyWellbeing Profile:

- Go to mylifematters.com
- Use the company password: spartans
- Click on the “MyWellbeing Profile” tab

If you would prefer to speak with a counselor about wellbeing and setting goals, call LifeMatters at 1-800-367-7474.

LifeMatters[®] is available to assist with strategies to improve your wellbeing.

Call anytime.

1-800-367-7474

Toll-Free United States, Canada, and Puerto Rico
From overseas, call collect to 262-574-2500

Visit **LifeMatters**[®] online at mylifematters.com

password: spartans

Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.