

GET PLUGGED IN TO THE

LIVING WELL EMPLOYEE WELLNESS PROGRAM

Healthy by Choice, Not by Chance.

Youngstown is committed to supporting your healthy lifestyle. Through the Living Well employee wellness program, you have access to health resources, wellness workshops, the Living Well Rewards incentive program and more!

The home of Living Well is **wellness.ysu.edu**, available to all benefit eligible employees from work and home.



USE THIS SITE TO:

- Create your own meal plan with more than 7,000 foods from the FDA.
- Start an exercise routine and know how many calories you're burning.
- Track your progress with food, fitness and weight logs
- Keep up with the community at YSU.
- Activate your smartphone so it's all at your fingertips!

CREATE AN ACCOUNT:

Go to wellness.ysu.edu and select the "Register New Account."

- When creating your profile, use your full name and YSU Banner ID#. Create a username and password so it's easy to remember. Please contact Carrie Clyde at 330.941.3360 or crcllyde@ysu.edu if you have any issues creating an account.
- You can access the site by clicking on the Living Well icon on www.ysu.edu/wellness

EARN REWARDS FOR YOUR WELLNESS EFFORTS!

Living Well Rewards is a voluntary incentive portion of the YSU employee wellness program. Employees who choose to participate are eligible for rewards by tracking activity points on wellness.ysu.edu and meeting the requirements for various rewards levels.



Youngstown
STATE UNIVERSITY