Spread the health with friends

Imagine a workplace full of like-minded, health-driven social groups, where you motivate and support each other, where accomplishments are recognized and celebrated. Now that’s a healthy workplace.

The Live Your Whole Life Community is a member-only social space where you can build support networks, share accomplishments, and challenge and drive each other toward better well-being. Unlike public social networks, the Live Your Whole Life Community is well-being-focused, safe, and secure within your organization and friend network.

Here’s what you can do:

- Add your colleagues as well as friends outside of Trinity Health (this includes family, too) and build up your support network!
- Invite friends to personal challenges!
- Earn points when you add your first five colleagues and your first friend outside of Trinity Health.
- Create groups around common interests or events like biking, recipe sharing, or a lunchtime walking club.
- Please note: Medically enrolled spouse/eligible adults should enroll in the Trinity Health branded experience. They should not be invited as someone outside Trinity Health.

Sign up at mybenefits.trinity-health.org/lywl or login now to start connecting with friends!