

Well Aware Announces Wellable for Upcoming Challenges and More

Achieving your wellness goals just got easier! We are excited to announce that our wellness challenges will now be powered by Wellable's award-winning technology platform.

With your personal Wellable account, you can connect your favorite apps and devices—including Apple Watch, Fitbit, MyFitnessPal, and many more—to automatically earn Wellable Points. Track your progress, climb the leaderboard, and take steps toward a healthier you every day!

And the wellness offerings don't stop there. Wellable provides a variety of additional resources to help you learn, move, and thrive:

- **Events:** Explore educational presentations, fitness classes, and self-care sessions led by wellness experts. Each month features new topics and opportunities to learn, move, and thrive, helping you stay inspired, build healthy habits that last all year, and have fun along the way!
- **On-Demand:** Access a variety of videos, including stretching, HIIT, meditation, a mindfulness series, sleep stories, and more. You'll also have access to a full recipe library to support your wellness journey.

Keep an eye on [this page](#) for access information and details about our first challenge, which starts October 26, 2026.