

WellBeats to Transition to LifeSpeak Holistic Wellness

Beginning August 1, 2026, Wellbeats will transition to LifeSpeak, an enhanced well-being experience designed to make it easier to find support, explore content, and build healthy habits in ways that work for you.

Here's what you can expect:

- More personalized recommendations and improved search tools to help you quickly find relevant support and resources.
- Live webinars and Q&A sessions with experts covering topics related to physical, mental, and emotional well-being.
- Expanded content across fitness, nutrition, mindfulness, mental health, and overall wellness.
- A variety of content formats, including short videos, practical tips, and articles that fit into your day-to-day routine.
- The ability to create and save playlists of content you'd like to revisit.
- An updated mobile and web experience, including bilingual access for added flexibility and accessibility.

More information will be shared in *The Bulletin* and on the Well Aware web page in the coming weeks.