Let's crush your health goals. Together.

Introducing Wellmark Connect powered by WebMD®

Wellmark Connect is a personalized digital platform that delivers health content, podcasts, videos, habit-tracking tools and more. Get the latest information on a variety of topics like mental health, weight management and nutrition, fitness, and diabetes.

Give us 15 minutes — get a personalized health report

Start by completing the confidential Wellness Assessment — a few questions about your health today. From there, you get targeted recommendations, tools and information based on your health risks, goals and interests.

What you need and want for better health

- Build healthy habits through small, actionable goals with a **Daily Habits™** plan
- Choose from an **extensive library** of fitness videos, mental health podcasts, recipes and expert health content
- Find helpful **tracking tools** for steps, mood, mindfulness and more

Access Wellmark Connect today

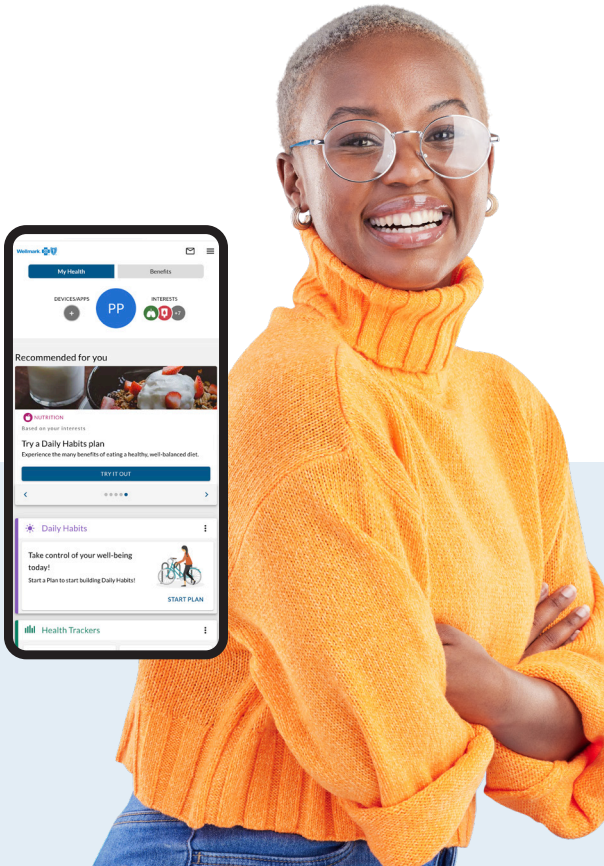
- **Log in**/create an account on myWellmark®
- Select **Well-being** from the menu, then click **Visit Wellmark Connect**
- Click on **Wellness Assessment** in the top menu and get started

Know yourself and your health like never before

With myWellmark and Wellmark Connect, the information and tools you need to understand and take control of your health are yours — all day, every day.

ANYTIME, ANYWHERE ACCESS

Download the Wellmark app for on-the-go access to Wellmark Connect on your devices.



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