

LIVEwell

Practical Wellness. Abundant Support.



ACHIEVE PERSONAL WELLNESS

Let us help you to live well by focusing on fun activities and challenges across four pillars of wellness:

Physical Activity, Nutrition, Stress Management, and Prevention

Let's See What We Do?

LIVEwell is the City's comprehensive Wellness Program for civilian employees of the LAwell Civilian Benefits Program, managed by the Personnel Department. **LIVEwell** provides a variety of practical and interactive resources, including a fun web-based tool and mobile app to inspire, encourage, and empower City employees in developing and achieving healthy lifestyles, both at work and at home.

Let's See Who We Are?

Along with year-round newsletters, cooking demos, fitness classes, biometric screenings, and vision pop-up clinics, **LIVEwell** also provides an interactive platform to earn points towards prizes, for completing various wellness activities. There are team challenges to participate in while encouraging and supporting each other, and a community feed to share wellness tips and connect with your peers!

Let's See How to Sign Up?



Register for **LIVEwell**

Visit "**LIVEwell**.la" then click "Create Your Account" and follow the instructions shown.



WellCheck Questionnaire

Complete the WellCheck Questionnaire so you are equipped with a personalized set of recommended activities.



Join Wellness Activities

Use the "Discover" and "My Results" tabs to find a variety of wellness activities to join and earn points for completing!



Download the Limeade ONE Mobile App

Scan the QR code to get **LIVEwell** on the go!



GET IN TOUCH

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