



Complete the IBC

Wellbeing Profile

Participate for a chance to win prizes!

The Well-being Profile is an easy-to-use health survey that only takes 15 minutes to complete. It gives you a snapshot of your current health and health history, lifestyle habits, overall well-being, and risk factors.

To get started follow these steps:

1. Register at ibx.com and go to the

Achieve Well-being Section

2. Click on the Well-being Profile tab and complete the health survey

3. Based on your answers, it gives you a private and personalized report detailing what you are doing well, suggested areas of improvement, and recommended focus areas.

A screenshot of the ibxpress.com Achieve Well-being dashboard. At the top, there is a navigation bar with "Register", "Help", and social media links. Below the navigation is a login form with fields for "Username" and "Password", and links for "Forgot your username?" and "Forgot your password?". The main dashboard area has a title "Achieve Well-being" and a sub-section "MY LEVEL" showing a progress bar at 133 out of 175 tokens (Level 3). It also features sections for "MY BADGES" (with three icons: yellow star, purple shield, and green person), "CONNECT YOUR APPS" (with a "Connect my apps" button), and tabs for "Action Plan", "Trophy Case", "Health Trackers", and "Well-being Profile" (which is highlighted with a green box). Below these tabs is a section titled "Select any section below to get started!" with four options: "The Basics" (START NOW), "You, By the Numbers" (START NOW), "Your Past" (START NOW), and "Your Future" (START NOW). Each option has a small icon and a "START NOW" button.

4 PRIMARY FOCUS AREAS

- Physical activity
- Sleep
- Nutrition
- Stress management

The deadline to complete the Well-being Profile is

Friday, June 4, 2021.

Follow the steps above to complete your well-being profile and be entered to win a prize!