



Complete the IBC Wellbeing Profile

Participate for a chance to win prizes!

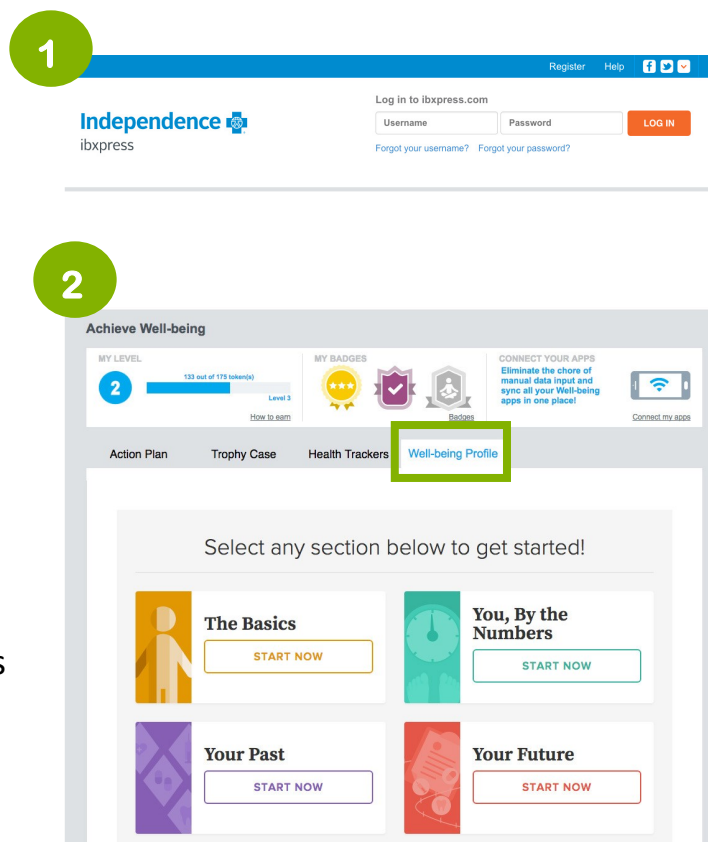
The Well-being Profile is an easy-to-use health survey that only takes 15 minutes to complete. It gives you a snapshot of your current health and health history, lifestyle habits, overall well-being, and risk factors.

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.



4 PRIMARY FOCUS AREAS

- Physical activity
- Nutrition
- Sleep
- 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!