

## For brokers and producers only

Date: September 15, 2022

**Markets: Commercial**

### Introducing WellSet

As part of the expanded CareFirst WellBeing program launching January 1, 2023, we're excited to announce that WellSet will be available as a buy-up for fully and self-insured accounts. Accounts may contract directly with WellSet for 1- or 2-year memberships.

WellSet is a digital platform providing unlimited access to live and on-demand virtual group emotional self-care classes. The classes focus on the mind-body-emotion connection to effectively ease anxiety, burnout, and emotional imbalance.

Classes are taught by experts in a diverse set of holistic modalities ranging from holistic therapy, acupuncture, nutrition and functional medicine, to breathwork, meditation, yoga, tapping and more. Nine out of ten WellSet class attendees report feeling more calm, less anxious and better overall emotionally after attending a class.

### For more information

If you have any questions, please contact your broker sales representative.