**Features**

BeWell8D provides opportunities for enhancing your well-being. BeWell8D allows you to:

* Set and track wellness goals
* Complete wellness activities
* Access helpful resources
* Stay motivated with motivational messaging

**Set Your Goals**

Setting goals is simple: First, identify the Dimension(s) you hope to improve in your life. Then, set your wellness goals!

The Eight Dimensions of Wellness are:

* Emotional
* Financial
* Occupational
* Social
* Environmental
* Intellectual
* Physical
* Spiritual

**Activities**

After you choose the Dimensions of Wellness you’d like to focus on, BeWell8D will give you suggested activities to reach your wellness goals. Whether it’s a 5-minute task or ongoing practice, there’s something for everyone! BeWell8D has different types of activities:

* Write
* Interact
* Think
* Do

Plus, you’ll earn points for each activity you complete. Earn enough points, and you’ll start collecting badges to highlight your achievements!

**Resources**

When you’re looking for more, check out the resources available for each Dimension of Wellness that can provide you with tips and tools outside of BeWell8D to continue to learn and achieve your goals!

**Track Your Progress**

BeWell8D tracks your achievements so you can see your progress within the Dimensions of Wellness you’re working to improve. You’ll earn points for completing activities and badges for gaining different point levels. Looking at My Achievements will help you stay on top of your goals!

**Receive Messages**

Once you add any Dimension of Wellness to your goals, BeWell8D will offer you daily support with push notifications. Tips, suggestions, and motivational messages will help encourage and inspire you to continue your wellness journey!