**Welcome to App Name**

BeWell8D is designed to help incorporate wellness into your personal recovery journey. Wellness can increase quality and years of life through the pursuit of optimal emotional, mental, and physical health.

Wellness is not the absence of disease, illness, or stress. It includes:

* Realizing our abilities
* Coping with life’s stressors
* Contributing to community
* Working productively
* Healthy and satisfying social interactions

BeWell8D is a tool that provides opportunities for enhancing your well-being by allowing you to set and track your wellness goals based on the Substance Abuse and Mental Services Administration’s (SAMHSA’s) Eight Dimensions of Wellness.