

A photograph of a woman from behind, standing on a rocky outcrop. She has long brown hair and is wearing a pink t-shirt and dark shorts. Her arms are raised in a triumphant or celebratory pose. The background is a warm, golden sunset over rolling hills.

**Welcome to your  
wellness portal**

**(login form) username  
and password**

**LOGO (that can be changed)**

# this would be the page they put their detail in



Healthy Body    Healthy Mind    Get Involved    Financial    Tools & Benefits    Hi Anna

Search



Job title

Job title

What does  
wellbeing mean to  
you?

What does wellbeing mean to you?

Mobile

Mobile

Work phone

Work phone

Date of birth

day

month

year

Gender \*

Female

Photo

Datei auswählen Keine ausgewählt

Public profile

Yes! I am happy for my image and comments to be featured on the site

Newsletters

Please send me occasional email newsletters (opt-out at any time).

Please note: We will still need to send you emails if you take part in Challenges, Programs and other events on the site.

Cancel

Save

4 September: Father's Day

8 September: R U OK? Day

10 September: World Suicide Prevention Day



## WHAT'S NEW

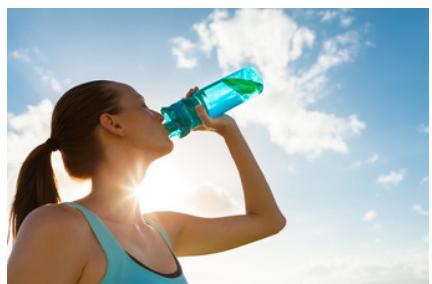
### JOIN STEPTEMBER

Make every step count. Join teams from around the world and get fit for a great cause.





# EAT, MOVE, THINK BETTER HEALTH



Add a little bit of body text



Add a little bit of body text



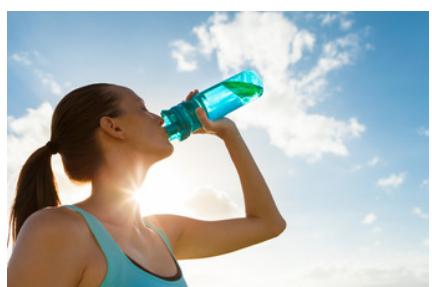
## WHAT'S NEW

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LOGO (that can be changed)



# EAT, MOVE, THINK BETTER HEALTH



Add a little bit of body  
text



Add a little bit of body text



LOGO (that can be changed)

# EAT Goals- This is where they record water intake, veggies eaten etc (see next page) see example

**THE LINK**  
Mind.Body.Spirit.

PHYSICAL EMOTIONAL SOCIAL CHG SERVICES OFFERS TOOLS HI JACK Search

How many steps did I walk today?

Steps 11000

My Devices You don't have any devices connected yet, add one now

**Relaxation** 30 POINTS

Relaxation Yoga

If you took time out to relax today, write down what you did. Leave the space blank if not.

[View relaxation ideas](#)

**Nutrition** 10 POINTS

Breakfast Yes! I made a healthy choice

Snack

Lunch

Snack

Dinner

Alcohol

[Learn how to rate your nutrition choices](#)

**How many glasses of water did I drink today?** 0 POINTS

Water

[Learn the benefits of staying hydrated](#)

evaluate your drinking habits and raise some money all at the same time.

3

**WHAT'S NEW FROM CHG**

**SPECIAL OFFER: MISFIT SHINE OR FLASH**

Get fit in a flash! The Misfit Shine and Flash are sleek, sporty fitness trackers that measure your activity and sleep and sync with your smartphone.

**HOW CAN I SYNC MY NEW DEVICE?**

Have you just bought a new Misfit device? Learn how to set it up and sync it to your smartphone and Wellbeing Hub Profile. Never manually enter your steps again!

Gift icon

tabs eat drop down menu

Recipes -

Programs-

EAT Goals- This is where they record water intake, veggies eaten etc (see next page)

Latest information-



article etc



Add subheading

tabs MOVE drop down menu

[Exercises](#)

[Yoga and Pilates](#) - (this page will have videos that I record of yoga and pilates classes

[Programs](#)

[Latest information](#)

This is the MOVE pages



article etc



# Exercise page

## Core program



here they can tick the exercises they want and save them to their profile, so if they come back to it they can see what they are.



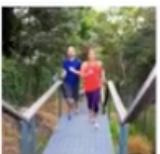


If you have never run 5km before. Join this challenge! We give you the right balance of interval training, distance runs and stretch to ensure you can achieve your goal - running 5km without stopping! At the end of the program, enter a run run to test your training.

Points: 900 - Intensity: Medium

[View Program](#)

[Join Program](#)



#### I will run a Half Marathon

"You must do the thing which you think you cannot do". Run a Half Marathon.

Points: 1100 - Intensity: High

[View Program](#)

[Join Program](#)



#### My Bump (0-12 weeks)

Keep fit and healthy whilst pregnant! This low impact exercise program is designed for women in their 1st Trimester. We give you the right amount of exercise to keep mum and baby happy and healthy. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)

[Join Program](#)



#### My Bump (13-27 weeks)

Keep active as your bump grows! This low impact exercise program is designed for women in their 2nd Trimester. Exercise promotes health and wellbeing for both mum and baby. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)

[Join Program](#)



#### My Bump (28-42 weeks)

Keep moving in your 3rd Trimester. Join this program and get the right mix of activity and strength which will help with your breathing, endurance and stamina during labour. Ensure you consult your doctor before embarking on an exercise program during pregnancy.

Points: 800 - Intensity: Low

[View Program](#)

[Join Program](#)



#### New mummies

Get your pre-baby body back. Join this program to find out the best exercises for you after giving birth. Easy to do in the comfort of your own home.

## Programs page

### Running Programs - Beginner runner

#### Day 1

Walk 10 mins run 5 stretch -

This page will have programs that they can tick completed and it gets recorded in the Achievements page

# My Achievements

Info it should have is Steps achieved, exercise programs completed , water and food intake, meditation all carry points that will be counted monthly. If 100 points achieved monthly, then silver certificate, if yearly Platinum

 THE LINK  
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## My Achievements

TUESDAY 12 MAY      TOTAL: 29487 POINTS

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### My Level Status

 3 Silver      20000 points       4 Gold      40000 points

47% 

[learn how to get to the next level](#)

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### My Badges

 Face-to-Face Health Assessment (5000 points)  
By getting a snapshot of your health, you can alert yourself to any health risks you might be facing.  
This badge is for [booking](#) & attending a face-to-face health assessment.

 Online HRA (2000 points)  
Taking an online health check is a great way to get an easy snapshot of your health and identify any potential risks. This badge is awarded once you have completed [your HRA](#).

 Program Champion (5000 points)  
This badge recognises individuals who have demonstrated outstanding support of the Healthy Lifestyle Program and who will continue to contribute to the programs' success. [Become a champion](#).

 Skin Cancer Check (5000 points)  
Skin Cancer is on the rise in Australia. This badge is awarded for attending a skin cancer check- early

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WHAT DOES WELLBEING MEAN TO YOU?

Georgia - CHG  
Being a good partner, daughter, friend & keeping my stress & anxiety in check!

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UPCOMING EVENTS

May 31 2015: World No Tobacco Day  
Raising awareness on the health risks associated with tobacco.

July - Participate in Dry July  
Dry July is a great way to take a break from alcohol, evaluate your drinking habits and raise some money all at the same time.

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Think page drop down menu

Meditation recordings (load MP4)

Apps we love

Yoga for mindfulness (video)

Meditation class (video)

They will tick they did this and get recorded in their achievement page

Learn Tab  
drop down

Policies

News and Events

Book an assessment

Raise a concern

This is where the client will have information about what is happening at their workplace so employees are aware of what is going on at work

## Ask an Expert

This tab is so that customers can call or Skype a practitioner of their choice for a private consult

### How it works?

Please select a practitioner of choice and request an appointment- Please note there is a 24 cancellation policy.

All information is private and confidential. You may be referred to a face to face consult should the health practitioner see necessary.

I agree to terms and conditions (tick)

# Ask an Expert



Bio

Ask Dr. Claire (this will hyperlinked to our booking system)



Bio

Ask Dr. Mitch

I will send you all the pics and bios

# , Tools

## Sync your devices, can you please see if you can sync fitbit, jawbone, garmin etc

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### My Devices

**Connected devices**  
You don't have any devices connected yet

**Connect a new device**  
Connect to your wearable device or fitness app and never have to manually enter your steps again!

You need to grant us access to retrieve your steps, just choose your device below:

- [Fitbit - click here to connect your Fitbit device](#)
- [Jawbone UP - click here to connect your Jawbone UP device](#)
- [Strava App - click here to connect your Strava App](#)
- [Misfit - click here to connect your Misfit device](#)

Your connected devices will sync every 10 minutes

**WHAT DOES WELLBEING MEAN TO YOU?**

 **Jack - CHG**  
Going to the gym and getting as much movement in my day as possible

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**My Springday - CHG The Link by My Springday** would like to access your profile and data on Fitbit.com:

READ-ONLY ACCESS

jack@myspringday.com.au

Password

FORGOT PASSWORD?

ALLOW

You can revoke this application's access from  
your Fitbit account settings.

Not using Fitbit yet?



TRACK ACTIVITY & SLEEP

MANAGE WEIGHT

WATCH YOUR PROGRESS

Fitbit motivates you to turn fitness  
into lifestyle, challenge friends, set  
goals, and watch your progress.

[Learn more about Fitbit](#)

[CREATE A NEW ACCOUNT](#)

02:52 |