


WELLNESS PORTAL

YOUR ONE STOP SHOP FOR ALL THINGS WELLNESS


www.ritrust.com

Classes & Events




A calendar of upcoming Health Matters events that allows you reserve your spot so you don't miss out.

Wellness Challenges




Participate in fun, self-directed wellness challenges. Log in each day to track your progress or compete against your coworkers.

Tracker




Track your activity, health values, nutrition stats, and more. Log the values manually or sync with your wearable device.

Health Assessment




An online questionnaire that provides a snapshot of your current health status and identifies your risk for disease.

Plan for Wellness




Based on the results of your Health Assessment, receive a personalized plan for wellness, designed to address and lower any identified health risks.

Injury Prevention




Job specific exercises that can help prevent pain and injury as well as strengthen areas needed to improve performance.

Self Help Works



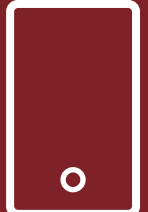
Online health coaching programs designed to help you make healthy lifestyle changes.

Health Content Library



A comprehensive repository of health education topics to inspire, engage, and lead you to better health.

Mobile App



Access the portal via your mobile device by downloading the **Alaveda** app, in GooglePlay or the App Store.