



EXPLORE YOUR WELLNESS BENEFITS

We make wellness easy, with everything you need, all in one place.

Visit your member portal, and explore wellness:

- » Daily workouts
- » Guided meditation
- » Exclusive wellness content
- » Healthy recipes

Discover a whole health approach to wellness.

- » We cover all dimensions of total well-being
- » Our workout videos are tailored for all levels
- » We provide 'wellness your way' with self-led tools and on-demand activities

How to GET STARTED

1. Visit **SandCreekEap.com** or use the QR code
2. Click on Member Portal, and login or create a new account using your company code: **duluthmn**
3. Click on **Explore Wellness** and start your journey

