

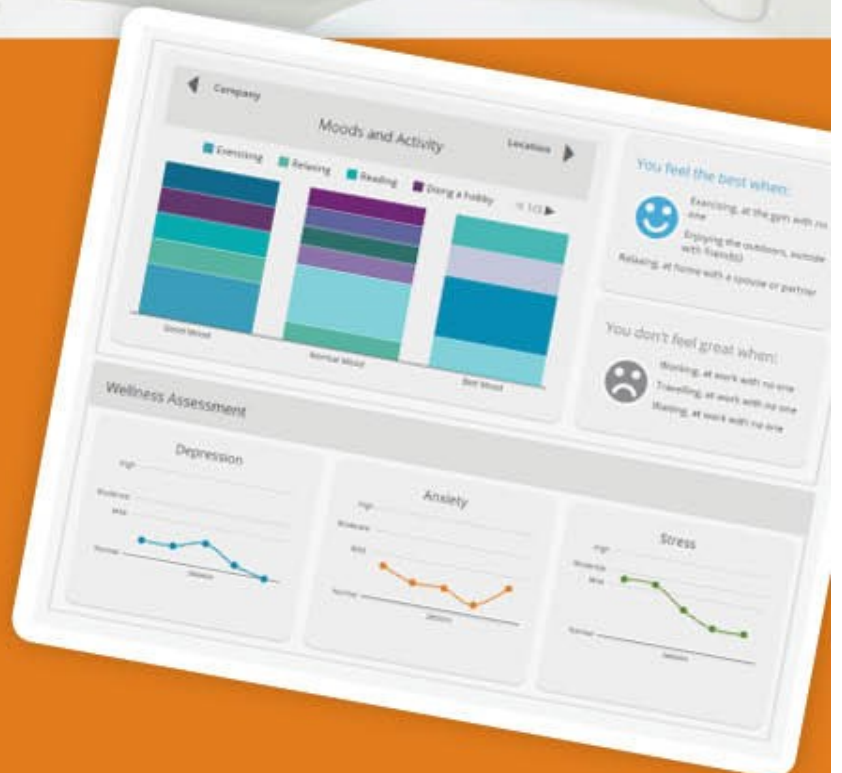


# WellTrack



## AN ONLINE TOOL FOR MANAGING STRESS & ANXIETY

WellTrack® promotes resilience and emotional health by encouraging everyday mindfulness and by helping you track your moods.



**Start tracking today:**  
Visit [signup.mywelltrack.com](http://signup.mywelltrack.com)  
& enter the code: **COASTLINEEAP**



WellTrack® is offered at no cost to you.