



Access Your Personal Online Wellness Portal at ibhsolutions.com.

It's easy to access your personal and private wellness portal. Simply follow these steps:

1. Go to: ibhsolutions.com.
2. Click "Members" on the top right.
3. Select the RBH logo.
4. Enter your Access Code.
5. Click the "Go to Wellness" button.
6. Register to create a private Username.

Discounted Gym Membership

The Wellness Program includes a discounted rate for members to GlobalFit Gym Network. The GlobalFit Network offers exceptional pricing and flexible membership options at over 8,000 gyms and specialty studios nationwide.

ibhsolutions.com Access Code:

OHWBT



Wellness Resources

Reliant Behavioral Health (RBH) is excited to announce an improved Wellness Program for EAP members. RBH has partnered with Wellworks for You to deliver the best wellness services available. You now have easy access to:

- ▶ Health Coaching
- ▶ Interactive Nutrition & Fitness Planner
- ▶ Syncing of Fitbit Devices
- ▶ Weekly Recipes & Grocery Lists
- ▶ Health Assessments
- ▶ Personal Wellness Journal
- ▶ Health Metrics Trackers
- ▶ Wellness Calculators

Sync Your FitBit to Your Wellness Portal

If you own a Fitbit device, you can sync it to Wellworks to view your individual progress, track your steps and calories, and stay motivated and linked to your Wellness Program.

Just Follow These Easy Steps

1. Go to <https://www.fitbit.com/setup>
2. Once your Fitbit is registered with the Fitbit system, you need to log into your personal wellness account at ibhsolutions.com
3. Under the Pedometer Tab, click the Fitbit button to sync your device.