



LiveWell

By  ZURICH

Making health a habit





At LiveWell we believe that wellbeing is about so much more than just physical health.

This is why our digital solution takes a holistic approach to wellness by combining four core aspects of health:

physical, mental, financial, and social.

Take a more
complete approach
to your health and
wellbeing



Features to help you manage your health goals



Goal setting



Exercise tracking



Mood and stress tracking



Sleep tracking



Lifestyle tracking



Guided meditations



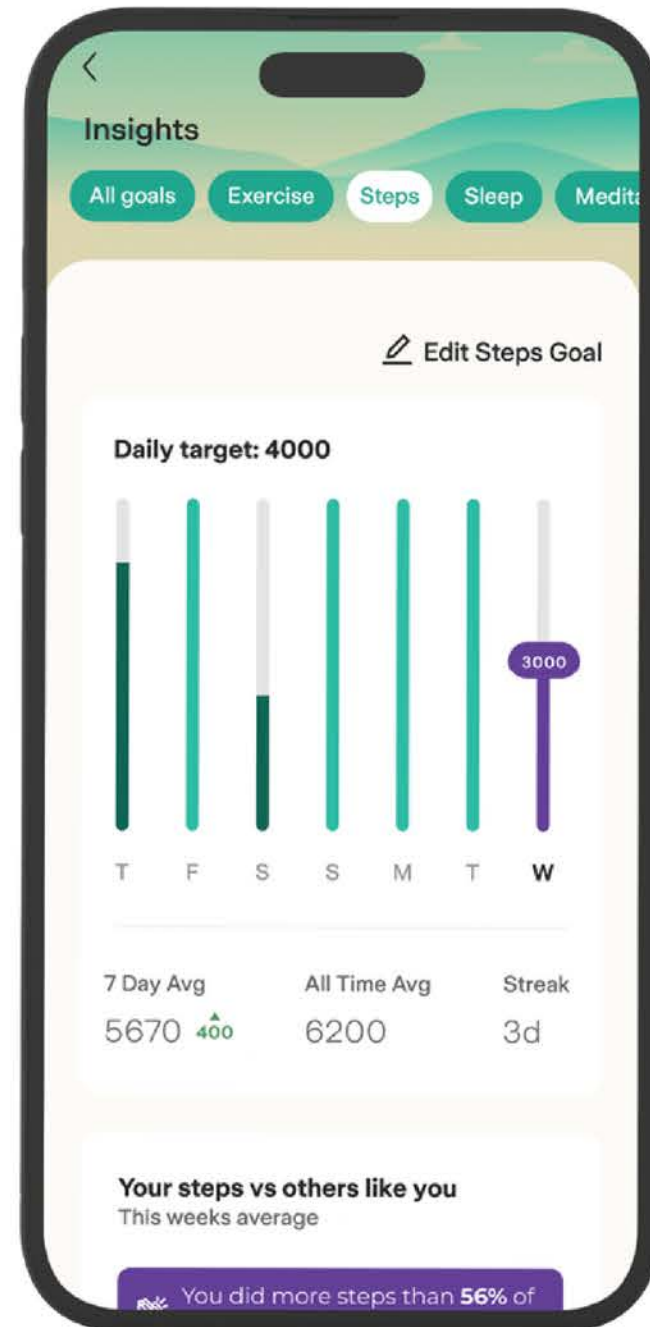
Wellbeing check-ins

And more...



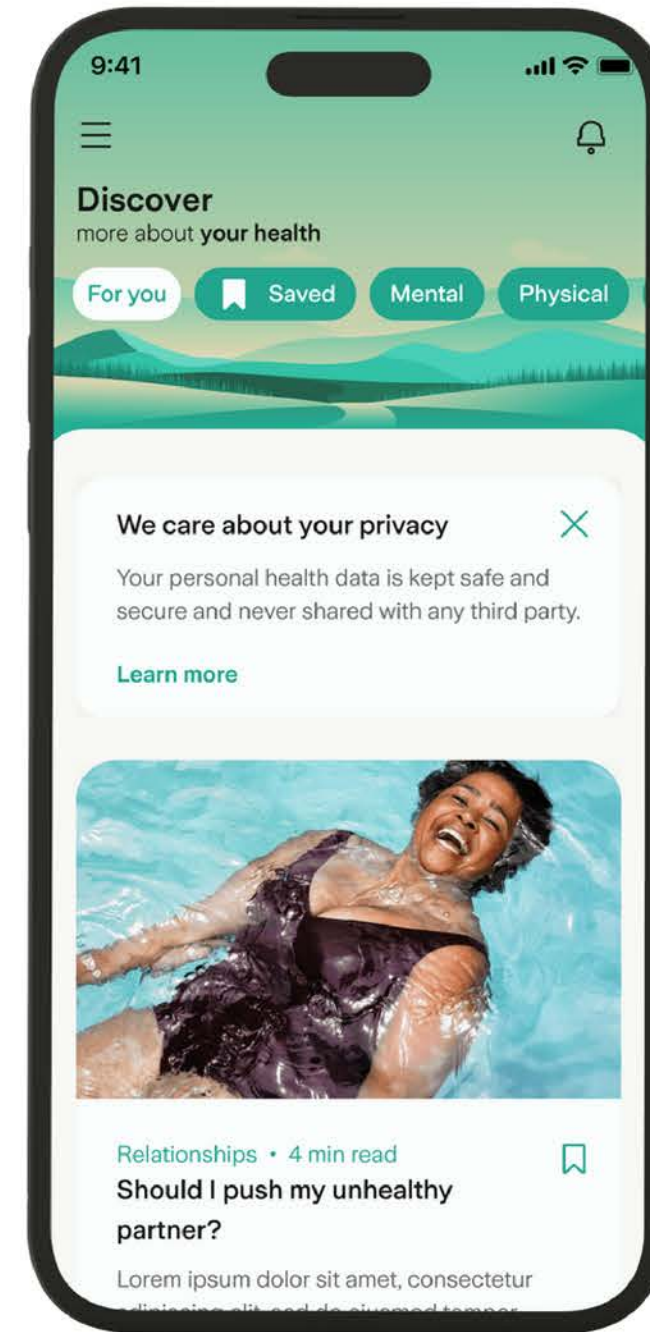
Track

Monitor your wellbeing with movement, sleep, exercise, and mindfulness trackers



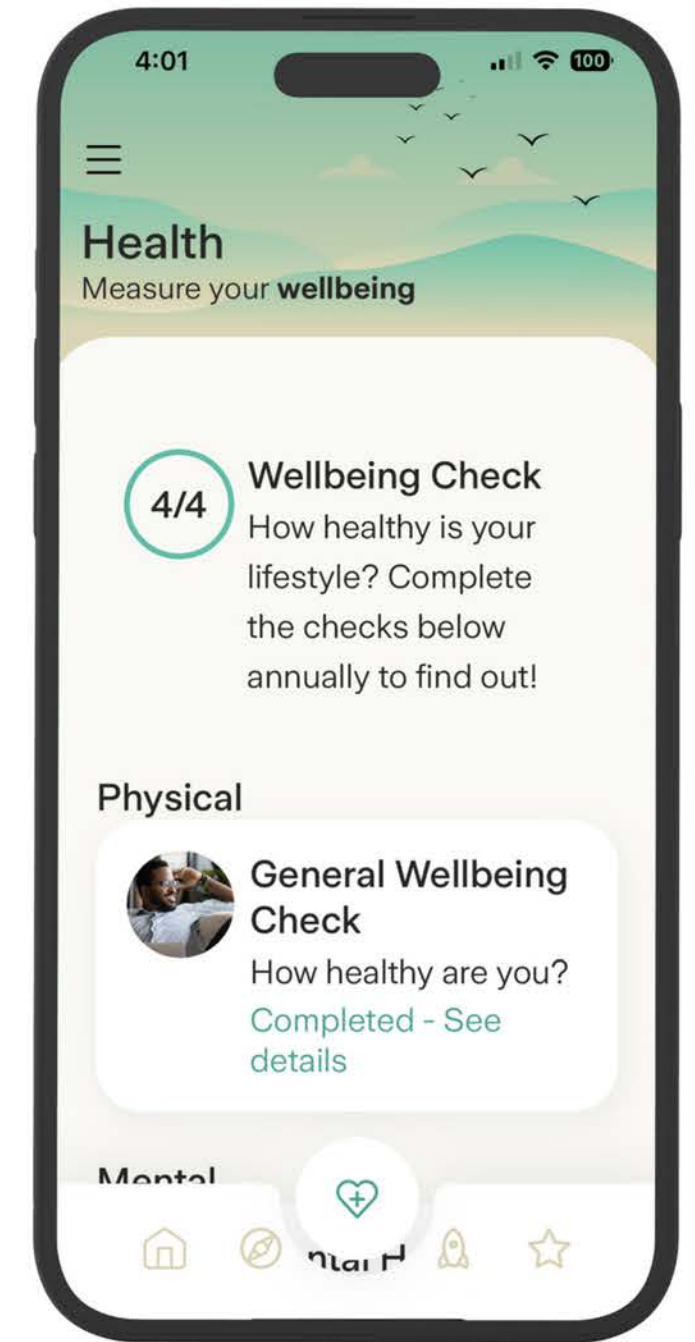
Grow

Set personal goals and track your progress towards building positive health habits



Learn

Discover tailored content and tips for maintaining your physical, mental, social, and financial life



Check in

Get any extra support you might need through regular wellbeing checks

Getting started with LiveWell

Step 1

Download the app

Android users:



iOS users:



Step 2

Join the community

Unlock your access to LiveWell with your exclusive access code

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Step 3

Start your journey

Enjoy curated content, personalized wellness trackers, challenges, and rewards, directly in the app.



If you have any questions,
email us:
support.livewell@zurich.com

