

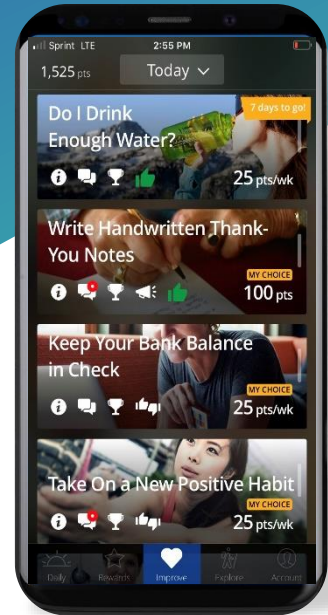
# Reach



# Seattle

## Well-being on the Go

### Download the Limeade App



### WHAT YOU CAN DO



#### Sync Your Device

Use Reach to track your well-being goals with your fitness device or app



#### Earn Points

Track your mood, enter your steps, volunteer, and much more; more points, more well-being



#### Find City of Seattle Resources

Find links and information about benefits programs offered by the City

### ABOUT REACH

Explore your interests and find support for your physical, emotional, financial and work well-being. Reach is the City's comprehensive well-being portal available by mobile app or at <https://cityofseattle.limeade.com>. It combines useful tools, educational content and social connection to help you reach your goals and enjoy the journey.



#### Limeade App

Available on Android and Apple

Find the Limeade App in your Google Play or Apple store

Enter City of Seattle Code: **SEATTLE**