

Focus on What Matters Most: Your Energy and Well-being.



The City of Seattle has partnered with Limeade One, an online employee experience software company, to create **Reach***. Reach is our new digital well-being platform, thoughtfully designed to support your personal physical, emotional, financial and work well-being. **Reach** combines useful tools, educational content and social support to help you reach your goals and feel your best.

Here's what you can do with Reach:

- Explore your interests at your own pace.
- Join activities aligned with your goals.
- Complete the well-being assessment.
- Connect your devices and apps to easily track your activities.
- Find built-in support with the social connect channel.
- Earn points and advance your well-being through three levels.

Create an account and get started today at:
cityofseattle.limeade.com

or

Download the Limeade One app

To connect with Reach use access code: **seattle**

* For employees on the Most benefit program. Not available to employees on the Local 27, Local 77 and SPOG benefit programs, Seattle Housing Authority employees or COBRA participants.