



The Bastrop County Healthy Choice Wellness Program Elevate Your Health & Wellness

How to Begin Your Wellness Journey

Looking to maintain a healthy lifestyle? Manage your health and wellness with confidence. Participate in our free and comprehensive employee wellness program and make a lasting impact. Align your goals, stay motivated, celebrate successes, and redefine what health and wellness means to *you*.

Resources at your fingertips to balance both work and wellness!

- **Wellness Portal & Mobile App:** Technology at your fingertips
- **Unlimited Access to Health Coaches:** Experts answering your questions & helping you reach your goals
- **Wellbeing Place Blog:** Weekly posts focused on trending health and wellness topics
- **On-Demand Wellness Videos:** Learn to cook, meditate, or workout when it's convenient for you
- **Personal Health Assessments:** Questionnaire to help identify health risk areas
- **Wellness Challenges:** Opportunities to compete against your coworkers with wellness-focused goals
- **Monthly Webinars:** Educate yourself on how to make the best decisions for your well-being
- **Gym Membership Discounts:** Access to discounts at gyms nationwide

How Do I Get Started?

1. Log into imagine360.vbagateway.com or download the "Imagine360" app.
2. Once logged into your account, click **'Wellness Benefits'** under Manage My Health.