

SAN BERNARDINO COUNTY WELLNESS APP

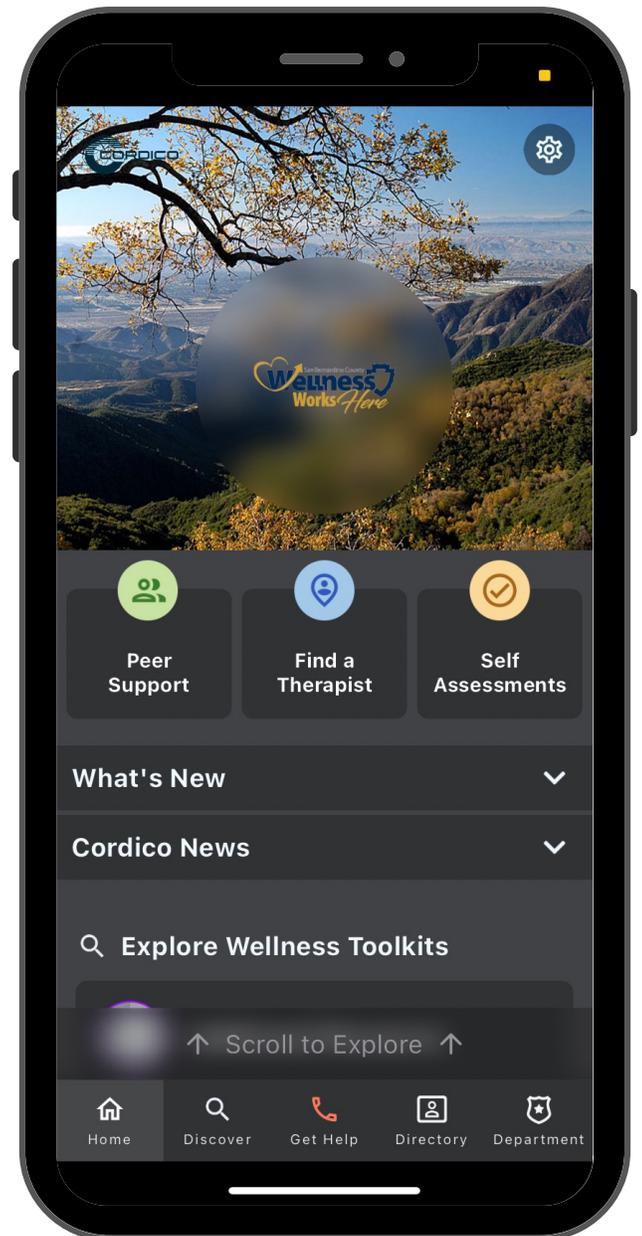
Your one-stop shop for Wellness Resources!

This mobile app provides wellness resources to all County employees, retirees, and their families with access to the following:

- 24/7 Critical Resources
- Wellness Articles
- Self-Assessments
- Fitness Exercises
- Nutrition Advice
- Mindfulness Articles
- Links to County Benefits
- And More!



Download today!



link.sbccounty.gov/WellApp