



# Create your path to well-being

## Bring healthy habits within reach

Your well-being journey is personal. Whether you want to eat healthier, manage stress better, be more active, or just get some more sleep, your goals are unique to you.

Achieve Well-being from Independence Administrators is a motivating and personalized set of well-being tools and resources that can help you achieve what's important to you in a way that's simple, easy, and fun.

## Build your personal path to achieve your health goals

Visit [myibxtpabenefits.com](https://myibxtpabenefits.com) or download the MyIBXTPA Benefits mobile app to start your well-being journey today!

Complete the Well-being Profile, an easy-to-use health survey that takes only 15 minutes to complete.

Based on your answers, it gives you a private and personalized report on what you are doing well, suggested areas of improvement, and recommended focus areas.

**Independence**   
Independence Administrators

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## Getting started.

- Complete the Well-being Profile at [myibxtpabenefits.com](https://myibxtpabenefits.com).
  - See your recommended focus areas and start your program.
  - Develop your Action Plan. Pick from hundreds of programs.
  - Access an expansive library of Health Content. Use the Health Navigator to search symptoms.
  - Track your activity levels and sync your devices. Stay motivated with tokens and badges for achievements.
  - Look for reminders and encouraging emails.
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## Stay motivated on your well-being journey

When you create your personalized Action Plan, earning tokens and badges can help you stay motivated to meet your goals.

### How to earn tokens and badges

You can earn tokens for every small step that you take to reach your well-being goals, such as:

- Logging in at [myibxtpabenefits.com](http://myibxtpabenefits.com)
- Completing your Well-being Profile
- Finishing programs successfully
- Reading well-being articles and healthy recipes
- Watching videos
- Syncing a health tracking app

The more you use the Achieve Well-being tools, the quicker you earn tokens. You can also earn badges by completing specific activities, such as syncing a health tracking app.

No matter where you are on your well-being journey, Achieve Well-being can provide support and information to help you achieve your health goals.

### We're here to help you

Independence Administrators is here to help you make good decisions when it comes to your health. Our tools, people, and educational resources can support you in making informed decisions.

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#### Nondiscrimination Notice and Language Access Services

This plan complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call the number on your ID card (TTY: 711).

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número que aparece en su tarjeta de identificación (TTY: 711).

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