

Resources to help you stay Healthy @ Home



New Weekly Newsletter

Look in your inbox for our weekly Healthy@Home newsletter with tips to help you stay healthy when you're stuck at home.



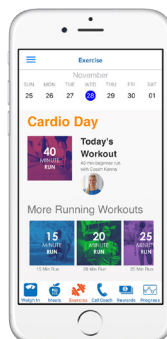
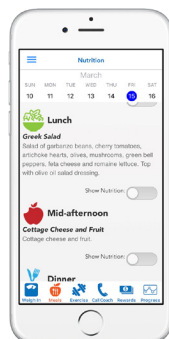
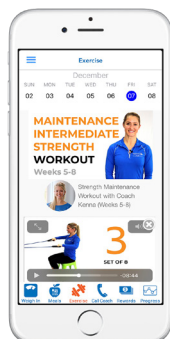
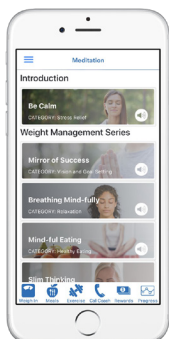
Healthy @ Home Facebook Group

Join our new Facebook Group, Healthy@Home, for tips and to connect with others. [Facebook.com/incentaHEALTH](https://www.facebook.com/incentaHEALTH)



Download the App

Access guided meditations, workout videos, meal ideas and more. Not a member? Join in the app and select your employer.



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