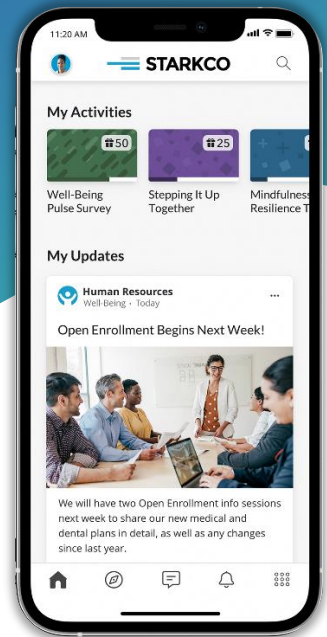


# Well-being on the Go

Download the  
Limeade ONE App



## WHAT YOU CAN DO



### Sync Your Device

Use Reach to track your well-being goals with your fitness device or app



### Earn Points

Track your mood, enter your steps, volunteer, and much more; more points, more well-being



### Find City of Seattle Resources

Find links and information about benefits programs offered by the City

## ABOUT REACH

Explore your interests and find support for your physical, emotional, financial and work well-being. Reach is the City's comprehensive well-being portal available by mobile app or at <https://cityofseattle.limeade.com>. It combines useful tools, educational content and social connection to help you reach your goals and enjoy the journey.



Limeade ONE App

Available on Android and Apple

Find the Limeade ONE App in your Google Play or Apple store

Enter City of Seattle Code: **SEATTLE**