



## EXPLORE YOUR WELLNESS BENEFITS

**We make wellness easy,** with everything you need, all in one place.

### Visit your member portal, and explore wellness:

- » Daily workouts
- » Guided meditation
- » Exclusive wellness content
- » Healthy recipes

### Discover a whole health approach to wellness.

- » We cover all dimensions of total well-being
- » Our workout videos are tailored for all levels
- » We provide 'wellness your way' with self-led tools and on-demand activities

## How to GET STARTED

1. Visit **lytleap.com** click on Member Portal & App
2. Enter code: **acshic**  
Create a username and password to login.
3. Click on **Explore Wellness** and start your journey.



**Allegheny County Schools**  
Health Insurance Consortium

