You can complete the program remotely!

Prioritize your well-being & earn incentives.

Complete your online SHALA

A 10-minute online questionnaire about your health and lifestyle habits.

Complete your wellness profile

1. Screening (optional)
2. Advising by phone or Zoom
3. Plan

Choose an engagement option

Choose one:
- Multi-session Coaching
- Commitment to Family, Community or Self-care
- Healthy Living

Choose six berries

- Up to three recorded webinars
- Healthy Living online classes, apps or webinars
- BeWell Champions
- LeadWell classes and trainings
- Stanford Recreation & Wellness virtual fitness
- Online Stanford classes and workshops
- Up to two non-Stanford-sponsored activities

Sign in at bewell.stanford.edu to complete the program