

Ready to Get in the Game with the 76ers?



Here's how!

1. Log in to ibxpress.com.
2. Under the *Health and Wellness* tab, select *Achieve Well-being*.
3. Under the *Action Plan* tab, select *Add New +*, then *Get in the Game*, then *Next*.
4. Choose from a range of easy, medium, and difficult programs to create your personal path to well-being and *Get in the Game* with the 76ers!

You can complete up to three programs in each of the four categories: Stress, Nutrition, Physical Activity, and Sleep. Why not see if you can complete them all?

Remember: The more *Get in the Game* programs you complete, the more chances you have to win!

