



The Wellness Program provides resources to help you make informed decisions about your health. Get the support you need to make changes in health behaviors and reach your personal health goals.

## EMPLOYEES & SPOUSES ARE ELIGIBLE TO PARTICIPATE

You do not have to be a member of our medical plan to start making better life choices and benefiting from this program.

Log onto [PreventionCloud.com](https://www.PreventionCloud.com) or the PreventionCloud app to start the program. Download the mobile app by searching "PreventionCloud" in the App Store or Google Play.

### HOW TO REGISTER

Your username is your first name, last name, and birth year, without spaces

⇒ JOHNSMITH1972

Your password is your birthdate in MMDDYYYY format

⇒ 11221972



*Employees who elect the Alamo Group medical plan and complete the wellness program requirements will receive a discount on their medical premiums.*