GuardianWell™

Guardian | PELOTON

Peloton fitness and wellness resources to support your wellness journey

Available through GuardianWell™, your wellness benefits hub

Your physical health is closely tied to your mental health and overall well-being. Taking care of your body can help support your well-being in more ways than you might think. GuardianWell is your hub to do just that. Access all of your employee wellness resources, including curated content from Peloton.

Here's what you can find:

- **On-demand classes led by Peloton instructors** — from HIIT cardio to meditation, no special equipment is needed to get started.
- **Wellness articles from Peloton's blog**, including topics on how to get in the right fitness mindset, how to create healthy habits, and how to increase your protein intake.
- To help further fuel your wellness journey, you also have an opportunity to join GuardianWell Membership to take advantage of **Peloton equipment discounts and sign up for the Peloton App at no cost for six months.**

These resources and more are here to help support you, regardless of your fitness level. So you can feel confident taking advantage of them today.



To acess GuardianWell:

- **Go to guardianwell.com and log in.** If you already registered for Guardian's online self-service portal, Guardian Anytime, you can use your same login credentials. If you have not registered, you will be prompted to register.
- **Follow the registration prompts** to review and accept the terms and conditions, then fill out the highlighted registration fields.
- Once complete, you will be prompted to **log in using the username and password that you created** and navigate to the Peloton page to access these resources.

Go to guardianwell.com to start accessing Peloton content and the rest of your wellness benefits and resources.

The Guardian Life Insurance Company of America

guardianlife.com

New York, NY

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