

# PREGNANCY PROGRAM

Creighton Wellness has partnered with Healthbreak, a wellness management company provider, to deliver a fun and engaging experience to help you create or maintain a healthy lifestyle. If you are pregnant, Creighton Wellness offers great resources to you!

## FEATURED CONTENT

The program includes access to a number of educational resources—including articles and videos—to help guide you through your pregnancy.

## ACCESS IS EASY!

Log on by going to MyCreighton, clicking on the apple, and logging in with your NET ID and Blue password. On the main home page you'll select **Rewards** to access these educational resources.

### Questions?

Contact Healthbreak at 888-833-5828.