

Member services

Bria Wellness

Set up your goals, use the action plans, track your progress, and develop healthy habits in an easy and fun way.



Download the Bria Wellness app and join our monthly challenges now!



Establish your health goals and smash them with the help of Bria Wellness' action plans.

Bria Wellness guides you in developing habits that will get you where you want to be enabling you to connect 1000s of popular health and activity trackers, automatically logging your daily fitness and health activities, and providing insights and tips to support you in achieving your goals.

The service guides you in developing habits that will get you where you want to be while making change easy and fun. There are optional monthly challenges for all levels, allowing you to compete with friends, family and colleagues for the top spot on our leader board.

For more information on the services available with our plans, please visit your Member Portal.

