

Renew You

Well-being Program For Team Members

Renew You is a free voluntary program for ECU Health and Outer Banks Health team members designed to support you in your pursuit of well-being, starting with a Health Risk Assessment (HRA) and a personal coach.

Health Risk Assessment

HRA Step 1 – Labs & Biometrics

HRA Step 2 – Know Your Number

- All team members are **eligible**.
- Use the **Wellworks** portal or app at WellworksForYouLogin.com.
- Get started by calling **252.847.5590** or OBH **252.449.5978 (opt 3)** Wellness@ecuhealth.org.
- For technical support call **Wellworks at 800.425.4657**.

Receive a free ECU Health Well-being t-shirt by completing your HRA!



Support to Achieve Your Well-being Goals

Free Coaching

After completing your HRA, set personal Well-being Goals with a Lifestyle Coach.

More Services

- Gym Discounts
- Personal Training
- Lifestyle Medicine
- Diabetes Program & Supplies
- Nutrition & Weight Loss
- Mental Health Counseling
- Tobacco Cessation
- Advance Directives
- Legal & Financial