

Progress is Personal

Buena Vida, brought to you by the Employees Retirement System of Texas, helps you achieve better well-being, at your pace.



With **Buena Vida**, you'll get the support you need to stay focused on improving your own self-care—from starting a fitness routine to setting aside time to rest.

Find support every step of the way:

- **Know where to start** – The Health Assessment provides a personalized health report and recommendations.
- **Track your progress** – Use the Daily Habits tool for day-to-day support with a wide range of goals.
- **Collect Buena Vida Bucks** – Earn rewards for working toward well-being.
- **Explore content** – Enjoy exercise videos, healthy recipes and more.
- **Sync up** – Visit the Device and App Connection Center to track and upload activity with a fitness device or app.

Download our app

1. Visit the Apple App Store or the Google Play Store and search for “Wellness At Your Side.”
2. Download the app and enter your connection code: **buenavida**.
3. Register and personalize your experience by answering a few questions.

Get rewarded with Buena Vida prizes – up to \$99 in value!

Earn points in three increments:

1. Start by taking the Health Assessment to earn your first 25 points.
2. Complete an Annual Preventive Visit to earn 50 points.
3. Download the Wellness At Your Side app for your final 25 points.

Spend your Buena Vida Bucks as you earn them on one or two smaller rewards, or save them to spend on a bigger reward.

Examples:

- Nike hat OR magazine subscription = 25 Buena Vida Bucks
- Stanley Tumbler OR Sleep Sound Machine = 50 Buena Vida Bucks
- Food Processor = 75 Buena Vida Bucks
- Fitbit Inspire 3 OR KitchenAid Blender = 99 Buena Vida Bucks



Visit [buenavidaers.com](https://www.buenavidaers.com) to register today.