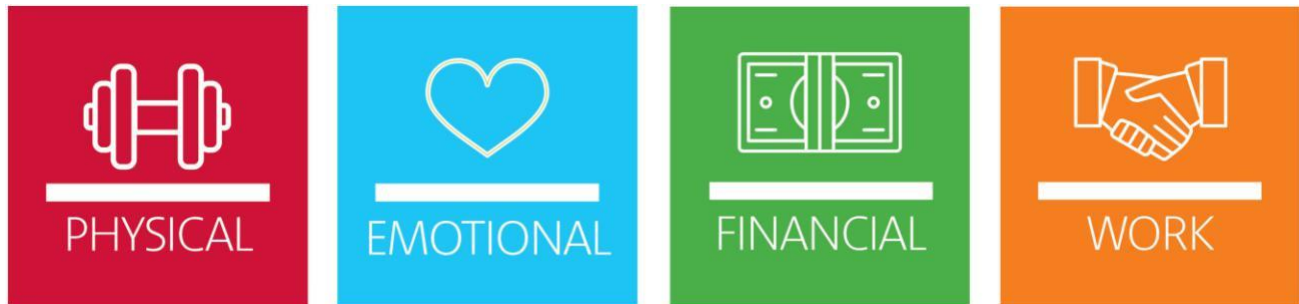


# Your journey to well-being starts today

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Let the journey begin! Our new well-being program, Journey to Well-Being, powered by Limeade, is here. Join now to start building your best you. Journey to Well-Being is designed to help you make lasting changes in four key areas.



## Get started

1. [Log in to the new platform](#) using your AA ID. All eligible spouses and domestic partners can visit [my.aa.com/journey](https://my.aa.com/journey) to get started.
2. Complete your Well-Being Assessment to kick-start your well-being journey and receive personalized recommendations for activities to consider.
3. Participate in activities that interest you and fit your personal goals.

## Who is eligible?

All U.S.-based mainline team members as well as dependents age 18 and older can use Journey to Well-Being to find activities, tools, information and coaches. You don't have to be enrolled in an American Airlines medical to take part in Journey to Well-Being.

## How it works

Choose activities that speak to you. You can participate in the same activities that have been available in the past, like biometric screenings, on line well-being assessments, volunteering in the community and other programs. Or you can try something new from an extensive list -- tracking your daily steps, discussing health goals with a coach, practicing mindfulness or creating a financial plan, to name a few.

Visit the [Journey to Well-Being website](#) to find well-being activities. Remember to check back often -- new activities are added regularly.

## Track your progress

Stay connected on the go with the Limeade app, available from the [Apple App Store](#) or [Google Play](#). You can also track your progress on the [Journey to Well-Being website](#).