

**NEW! Wellness Partnership**

# BurnAlong + You!

## Get Your Free Account & 4 Free Accounts for Your Friends & Family

Level Up is excited to announce a new benefit for you and your families and friends!

**BurnAlong** is a digital health and wellness company that offers a diverse range of well-being classes—from fitness to meditation, nutrition to financial literacy—inclusive challenges, and social motivation. You can access BurnAlong from any device, anytime.



### Why We Chose BurnAlong...

We care about your mental, physical, financial, and emotional health—and BurnAlong was the perfect fit for Prince George's County employees with:

- **FREE access to 14,000+ classes across a wide variety of 50+ wellness categories** for you, [plus four \(4\) family members or friends](#)
- **Credentialed instructors and experts in their field(s)** who will teach each class
- **Easy-to-use app and custom recommendations on classes** to meet your wellness goals
- **Wellness challenges that will keep you motivated** will be provided throughout the year

### Get the Most Out of Your Membership!

Join us for one of these virtual information sessions to learn more about BurnAlong:

- June 8 at Noon ([Register online](#) 📄)
- June 14 at Noon ([Register online](#) 📄)

### Ready to Get Started? Join Today!

To sign up for your FREE BurnAlong account, visit:  
<https://join.burnalong.com/PGCounty>

**Program Eligibility:** Open to full-time and part-time County employees in the Executive, Judicial and Legislative branches, and LTGF employees with benefits, eligible to enroll in the County's medical plans.

Contact [LevelUp@co.pg.md.us](mailto:LevelUp@co.pg.md.us) with any questions.

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