

Westgate Wellness Blog



INSPIRE EDUCATE SHARE ENGAGE FITNESS HEALTH MOTIVATE INFLUENCE CHANGE

Wellness information now available at your fingertips!
*In an effort to support your journey to health and wellness,
we created a blog as a resource just for you!*

All team members are invited to interact and share information such as articles, recipes, and much more. Find out what's been working for team members at other locations. Check out upcoming events with our interactive calendar. Sharing information just got easier!

Stay connected for wellness challenge updates, videos, and tips from your **Westgate Wellness Committee.**
Some of the featured posts include:

- Encouraging Quotes
- Healthy Recipes
- Workplace Exercises
- Interactive Surveys
- Resources/Reviews
- And much more!

The screenshot shows the Westgate Intranet interface. On the left is a vertical navigation menu with categories: Services (Directory, Employment/Wage Verification), Departments (Creative Design Services, Westgate Barter, CFI Purchasing), Team Member Resources (Westgate.edu, Network Account Self Service, OWA Outlook Web App, Web Mail & Email, Settings, Windows 7 Training, Westgate Wellness Blog, Internal Job Postings, Team Member Assistance Program, Team Member Recognition Programs, Community Resources, CaseForce Registration, Allowed Web Sites, Team Member Surveys, Great Southeastern Insurance, Westgate Cruise and Travel VIP Membership, Westgate Apparel, Lawson ESS/MSS), and Information Services (Team Member Wiki). The main content area features a 'Book a Room at a Special Westgate Employee Rate' announcement with a 'Book a Room' button. Below this is a 'Team Member Tools and Benefits' section with links for 'Team Member/ Manager Self Service', 'Log on to my ADP ESS or MSS', 'Benefits Information', 'Team Member Travel Information', and 'Information Services'. A red arrow points to the 'Log on to my ADP ESS or MSS' link.

[Click here](#) to access the **Westgate Wellness Blog** or from our Intranet page under Team Member Resources