it’s your life... live it well!

Northwestern | WELLNESS
it’s all about making thoughtful choices!

It’s true. Choices you make every day affect the quality of the life you lead. With that in mind, Northwestern is introducing YourLife, the Northwestern Wellness program. YourLife will provide resources and tools that assist you in making positive choices that support your physical, financial and emotional well-being.

While some YourLife resources and tools are available now, others will be added over time. Promoting these resources and tools under the YourLife banner reflects a new direction — and Northwestern’s renewed commitment — to promote and support the physical, financial and emotional well-being of Northwestern faculty and staff, and their eligible family members.

We’re excited about the opportunities YourLife will offer. We hope you are, too!