# The **WELL** Culture Domains

**Nine interconnected areas that shape how people feel, function, and perform.**

**Physical Capacity & Energy**
- Movement & Mobility
- Nutrition & Energy
- Rest & Recovery

**Mental & Emotional Resilience**
- Focus & Clarity
- Stress Management
- Emotional Health

**Social Life & Sustainability**
- Connection & Support
- Confidence & Resilience
- Financial Well-being

## What Are the WELL Domains?

Areas of **WELLness** that support a structured, whole-person framework designed to support WELL-being across work and life.

The domains work together as a system, not in isolation.


## How the Domains Work Together:

**Interconnected:** progress in one supports the others

**Cumulative:** small changes building over time

**Non-Linear:** no single "right" place to start

**This system is the foundation of the WELL Culture.**

**Guiding programs, challenges, coaching, and design.**

## What the WELL Domains Make Possible

- ☑ Clear, personalized starting points
- ☑ Adaptability to change with needs over time
- ☑ Individual & organizational WELLness
- ☑ Scalable WELLness programs for diverse roles and locations

## System Output

- Sustainable behavior change over time
- Consistent support across environments
- A shared WELL language for longevity

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