

The *member* onboarding journey

Meet BetterUp Care™

Get started with BetterUp Care™



Show up as your best self in work and life with BetterUp Care. With a Coach and a custom plan, you'll build the mindsets and habits you need to thrive through uncertainty.



Activate your account

WHAT IS THIS?

Use your work email address to sign up at no cost to you.



Craft your plan

HMM, WHAT SHOULD I FOCUS ON?

Answer a few questions to help us personalize your Coach recommendations and create your custom plan.



Choose your Coach

WHICH COACH IS RIGHT FOR ME?

Explore your recommendations and select a dedicated Coach. If you'd like to see more options, simply message our Support team.



Schedule a session

I'M REALLY DOING THIS...



When it comes to well-being and personal growth, consistency is key. We recommend recurring monthly sessions to start, and your Coach will work with you on an ideal cadence based on your goals.



Get insights on your well-being

I CAN REALLY MAKE A POSITIVE CHANGE!



Take a 5-minute assessment to see your current well-being state, and learn about your strengths and areas of potential growth to guide your first coaching session.



Explore your membership

WHAT SHOULD I TRY OUT FIRST?



Your BetterUp account has live workshops, interactive tools, and articles, audio, and video content — all tailored to your focus areas. Bookmark anything you want to come back to.



Download the mobile app

CONVENIENCE IS KEY FOR ME.



Get the BetterUp app on the [Apple App Store](#) or [Google Play store](#) to keep your well-being and personal growth top of mind.

Bonus: Follow us on [LinkedIn](#), [Instagram](#), or [Twitter](#) for a daily dose of motivation.