

Stetson University

2026 Wellness Program

Your wellbeing isn't one-dimensional, and neither is the Stetson University Wellness Program. Get ready for support that spans your physical health, emotional balance and more.

Employees and spouses on the health plan who complete the program components by December 31, 2026, can earn up to \$300 in gift card rewards.

Connect with a Sterling Health Coach in 2026!

The Stetson University Wellness Program provides you with the opportunity to engage in one-on-one coaching with a certified health coach. In your Health Park wellness portal, you have access to an entire team of coaches on the Coaching page. You can easily view their bios and select the one with the best expertise and availability to fit your wellbeing needs and interests.



Health Park Wellness Portal

Your Wellness, Your Way

Your Health Park wellness portal is a personalized hub for whole-person health. Whether you're building new habits, looking for inspiration, exploring new topics, or trying to maximize your wellness rewards, there's something here to support every step of your wellbeing journey.

- New digital coaching courses and on-demand webinars from coaching experts
- Online health assessment that tailors content to your unique risks and interests
- Goal trackers to monitor fitness, nutrition, sleep, and stress goals and progress

Employees can access their wellness portal directly in their MyStetson account. Spouses can log in using their username and password at MyHealthPark.com/SU.

