

Welcome to iLinkwell™ (from Organizational Wellness & Learning Systems)

An evidence-based tool for driving wellness engagement.

iLinkwell™ integrates traditional wellness with mental well-being strategies. Using behavior change techniques, iLinkwell™ provides various application program interface options, survey algorithms, and resource options so you can deliver a tailored “nudge” to employees based on their self-identified interests and risks.

Welcome to iLinkWell, a tool to help you achieve wellness.

To get the most out of the program, start in the **explore** section. Take a survey, which will give you personalized feedback on your level of wellness and recommend resources for you. Then go to **plan** to create your own wellness action plan. Finally, head to **play** to find games.

For example, you can play the Daily Habit game where you can pilot your avatar through wellness challenges. As you progress in these different areas of iLinkWell, you will collect points that you can see here on your homepage.

Top iLinkWell Scores

#1	saromatic	2913
#2	danirod	1790
#3	Healing_rain2001	1730
#4	doctoryancy@hotmail.com	1725
#5	BeatyBear13	1409
#6	LAlbenzio	1236
#7	acenchula@gmail.com	1152
#8	agreenst@hotmail.com	1097
#9	sangloriafort@yahoo.com	1017
#10	ShowMeHow2	964

My Plans

mood I rent Laurel & Hardy Movies this weekend
[Update My Progress](#)

iLinkWell™ was built from funding for a clinical trial from the National Institutes of Health and based on the logic of SBIRT (Screening, Brief Intervention, & Referral to Treatment)

- Content Management System** includes four basic areas for content customization
 - Survey development:** scoring (algorithm), and feedback: create your own Likert type surveys, set scoring parameters for feedback, and provide customized feedback
 - Resources:** present different resources (PDF, coded text, videos, URLs) based on scoring
 - Planning/Calendar Reminders:** create customized lists of intentions (health behavior plans) for different areas of wellness where users can set email reminders to follow-up on their plans
 - Gaming:** API interface wellness games; scores can be fed into a leaderboard; check out our “Daily Habits Game”
- Accounts:** It has an account/subaccount management infrastructure
 - You can create different accounts for organizations or “Lead account manager” (e.g., coaches)
 - Each account can have multiple subgroups
 - Each account or subgroups can have multiple campaigns
 - Campaigns can focus on one or more of a subset of surveys/resources/plan combinations (see # 1 above)
 - Leaderboards can be set up for competitive campaigns
- Data Capture:** The entire system is set up so that you can track user activity and survey scores

See this brief description of iLinkWell -- <https://youtu.be/PalPtZj7wjc> ♦ How to earn points: <https://youtu.be/fLH40xsD1S4>
How to use the plan section: <https://youtu.be/BqbPWACDS9c>