



The Well-Being Index is a validated self-assessment tool invented by Mayo Clinic that measures wellness in just 7-9 questions. It allows users to compare well-being to their peers, track results over time, and more - all 100% anonymously.

How To Assess Your Well-Being

1) Assess from your computer

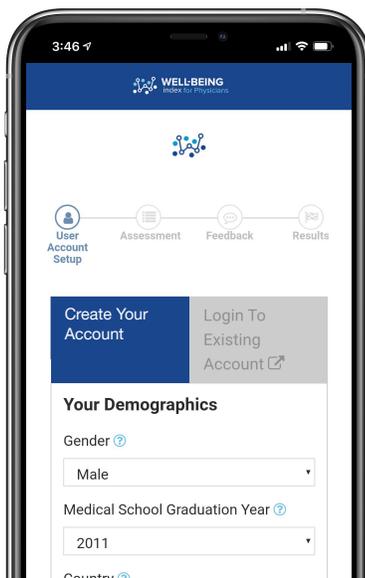
Assess your well-being online with your computer or phone at app.mywellbeingindex.org/assess.

2) Download the mobile app for iOS or Android

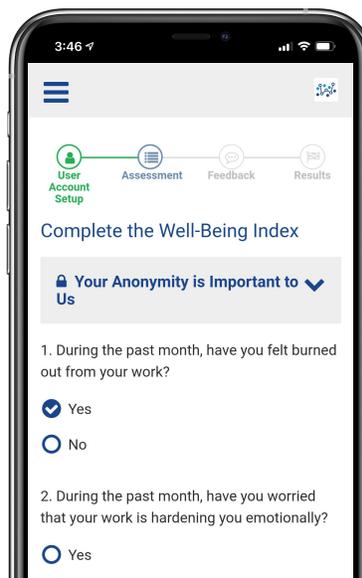
Find and download the “My Well-Being Index” app in the app stores or go directly there with wbi.link/getwbi.



Sign up



Assess



View Results

