

2021 Journey to Well-Being

5/17/2021 - 12/31/2021

The Journey to Well-Being program, powered by Limeade, helps you take care of your physical, financial, emotional and work well-being. Stay engaged throughout the year by completing challenges and activities.

Who is eligible for Journey to Well-Being?

All U.S.-based mainline team members as well as spouses, domestic partners and family members age 18 and older can use Journey to Well-Being to find activities, tools and information and connect with coaches. You don't have to be enrolled in an American Airlines medical option to complete activities.

Why should I participate?

Journey to Well-Being offers several activities designed to build healthy habits. You'll have the opportunity to learn about your health, help others in your community and participate in programs designed to enhance your well-being. Each activity is assigned a point value, and as you complete activities, you'll be able to measure your progress.

Level Number	Total points earned	Reward
Level 1: Learn	500	Improved Well-Being
Level 2: Grow	1,000	A Healthier You
Level 3: Achieve	1,500	Bragging Rights
Level 4: Inspire	2,500	Nonstop Well-Being
Level 5: Soar	3,000	Elite Well-Being Status

When will I receive credit for my annual Preventive Care visit?

Once you submit the Preventive Care Screening form, you will receive a confirmation message letting you know the form is being processed. As long as the form was properly completed, and within the required service dates, you will see points for this action within 10 business days on the Journey to Well-Being website.

How is my privacy protected?

Journey to Well-Being is powered by Limeade, an independent third party that American Airlines has contracted with to provide this service. Limeade is legally required to adhere to all of the terms and conditions of that contract, including compliance with HIPAA privacy and security rules and other state and federal privacy laws to safeguard your information and use it only for the purposes for which it was disclosed.