



Welcome to the Fort Bend Independent School District (FBISD) Wellness Website!

The vision of the FBISD LiveWell Employee Wellness Program is to create a wellness culture that will empower employees to lead healthier and well-balanced lives. The mission is to improve employee health, well-being and quality of life by providing health and wellness education, a diverse selection of wellness programs, and an atmosphere that is conducive to health improvements. The ultimate goal is for all employees to make strides towards a healthier tomorrow.

FBISD's LiveWell Employee Wellness Program integrates Employee Benefits, EAP, community events, social networking, and UHC. Together we will transform the lives and well-being of our employees.

FBISD LiveWell Employee Wellness Program offers a broad range of wellness services, programs, and events. Make your health and wellbeing the strongest it can be by connecting with what best fits you, your department, your friends and family. Your health is up to you – Personal wellbeing is essential to happiness, and to the collaborative excellence of our organization!

To access UHC resources, go to www.myuhc.com, and enter your user name and password (UHC members only).