• Log on. Go to wellconnect.my-healthy-life.org and create your Cerner Health account username and password. You’ll need to know your member number (employee ID number) in order to create your account.
  ○ **Spouses/partners:** You will need the same member number (employee ID number) to login. Enter the employee ID number and add an “S” at the end. Example: #######S

• Purchase a FitLinxx Pebble®. This device not only counts steps, it records cardio exercise, like cycling and elliptical. Payroll deduction is available.

• Log activity/join challenges. Log back into the site and register your Pebble® to start earning points for your physical activity. The goal is for you to be active every day. Explore the site to learn all the different ways you can earn points!

• Watch your points accumulate and earn incentives. Check back at least once a week to monitor your progress. Caregivers who reach their incentive point goal during a quarter will earn a cash reward.
  ○ **Spouses/partners:** Your points will earn you entries into the quarterly Wellness Rewards drawing for prizes!

**WellConnect Site Map**

**ASSESS YOUR HEALTH**

• **Personal Health Assessment (PHA):** The PHA supports you along your wellness journey and helps you understand areas of your health where you’re ahead and where you can take action for even better results.

• **PHA Report:** View the results of your PHA

• **Health Logs:** Keep track of your blood glucose, blood pressure and cholesterol levels by setting wellness intervals. Use the weight and heart rate logs to motivate you to reach your personal fitness goals.

**STAY WELL**

• **My Progress Report:** Daily summary of nutrition (if entered) and exercise. Links to Track My Weight, Analyze My Diet, Track My Exercise, Compare Days, Today’s Totals, and Weekly Summary

• **Wellness Workshops:** Explore wellness workshops to build your knowledge about different wellness topics.
GET ACTIVE
• **Steps Log:** Results from Pebble® displayed by day and by month. Includes distance in miles, calories burned, total steps and steps from goal
• **Cardio Log:** Track the activities and exercises you do, and see the calories burned from each activity. Re-classify your Unspecified Events to show steps
• **Exercise Examples:** Mini exercise videos for core, upper body, lower body and stretches

EAT WELL
• **Food Log:** 5 sections, including a place to enter each thing you eat, Today's Food Log, Today's Goals, Today's Servings by major category and Education resources
• **Meal Planner:** Select a calorie range and food plan; the system generates 7 days of menus with the amount of each item and calories
• **My Nutritional Needs:** Links to My Progress Report (under the Stay Well tab)
• **Recipes:** View, add or compare recipes in 36 categories

STAY CONNECTED
• **Challenges:** Information about where to sign up for an active challenge
• **Event Registration:** Calendar of all events; indicates if you are registered and if the event is full
• **Mobile App:** Activate the HealthyNow mobile app to access MyHealthyLife WellConnect wherever you are
• **Newsletters:** Monthly news on various health topics

EARN REWARDS
• **My Points:** A quick snapshot of your points progress. Includes a link to learn how to earn points, start and end dates for the quarter, Fitness Tracking chart and Proactive Preventative Activity chart

LEARN MORE
• **Health Library:** Better understand your personal health with the symptom checker and learning center. Use interactive tools to help make the best decisions for a healthy you!

BE INSPIRED
• View stories of your colleagues’ real life wellness journeys