



Quick Start Online Health Coaching



Here is a quick start guide for the My Healthy U Online Health Coaching! Follow the steps below for help in finding, setting up, participating, and completing your one week goal! By completing this one week goal, you will earn one of the six wellness activities needed to earn the \$100 wellness incentive!

Here we go:

1. Log on to www.wellmark.com
2. From the Personal wellness screen click on “My Health”
3. Now click “Visit The Wellness Center”
4. You are now at the WebMD Wellmark Healthy U webpage.
5. Click on “Rewards” and locate the “Online Health Coaching” tile. Now Click on “Lets Do This” OR you can access the same page by clicking on “Healthy Living” at the top of the page and selecting Online Health Coaching from the menu.
6. You will see a variety of coaching choices like: Nutrition, Fitness, Stress, Tobacco, etc. Simply place a check mark in the square by the topic you wish to try for one week. Then Click “Next, I am finished”
7. Now you will see a several options and ideas you can choose from. They are in tile format, and are recommended ideas from actual health coaches. Pick the ones that you may like to try. You always have an option to see more choices by clicking on that on the bottom of the page.
8. Make your selection of 1-3 goal ideas. Click on “Next, I am finished”.
9. You will now see the week that you are working on and the goals you have set! It’s your turn to get started for the week!
10. Each goal may have 1-7 check mark boxes located in the right hand corner of each goal. At the end of each week, make sure you actually click on and check off each mark for each goal! That is how you get credit for participating in those goals.
11. The small dial in the upper left hand corner of the goals page will slowly turn to 100% with each of the check marks you click on. Once that dial has hit 100% for one week, you will have completed the goal, and the Rewards tile will flip over automatically, turn blue, and say “Congratulations” and give you credit for completing this activity.

If you would like to visit this page everyday to check off what you have done, that is great! Otherwise you also have the option of checking in at the beginning of the week, and then once again at the end of the week to mark off each of your goals checkmarks. The choice is yours.

You can do as many weeks as you would like! But you need to complete 1 week for the Healthy U Wellness Incentive!

Have Fun! Enjoy! Get Your Wellness Activity Completed!