



Getting healthy is now easier than ever

The new *Get Healthy Now* website is now online!

It's designed to make it easier to find and participate

in health and wellness programs that most interest you. You'll find it at UofLGetHealthyNow.cafewell.com.

In one convenient location, you can find ways to achieve your personal health goals in weight management, exercise, nutrition, stress management, improved sleep and living tobacco-free. You can access this personalized health information when and where you need it from your desktop, your smart phone or your tablet.

Sign up for your new account

Because this is a brand-new, from-the-ground-up website, you'll need to set up a new account even if you've participated in *Get Healthy Now* in the past. Getting set up for better health takes just a few minutes, and because the site was built with security and privacy in mind, you are always in control of your health information.

Getting started is easy!

- 1 Go to UofLGetHealthyNow.cafewell.com and click on "Register Now".**
 - Enter your credentials
 - All employees: Your date of birth and your employee ID
 - Spouses: Your date of birth and the employee's ID number followed by the letters sp
 - Qualifying Adults (e.g. partners): Your date of birth and the employee's ID number followed by the letters qa
- 2 Personalize your health assessment profile.**
 - On the homepage, click the "Add Programs" tab of your Personal Health Itinerary
 - Find the "Health Assessment" WellCard and click "Join Now"
 - Click on "Get Started" to be taken to the "Active Programs" tab of your Personal Health Itinerary
 - Access the "Health Assessment" WellCard, newly added to your "Active Programs" tab
 - From the list of activities available in your "Health Assessment" WellCard, click on the arrow next to "Visit: Your Profile to Update Your Phone Number". Once you have updated your phone number navigate "Home" from the primary navigation menu at top of the page.
- 3 Complete your health assessment.**
 - From the home page, scroll down to find the "Health Assessment" WellCard in your Active Programs tab of your Personal Health Itinerary; click "Show Activities."
 - Click "Complete: Your Health Assessment" and then "Start Now". Once you complete the Health Assessment you will receive an Overall Wellness Score (OWS) in the Health Summary.
 - Congratulations for taking proactive steps towards your good health and wellbeing!

Questions?

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