

Healthy Rewards – Important Update

For All Saint Francis Medical Center Employees

Healthy Rewards is moving online! You can now complete your Personal Wellness Profile™ (PWP), track your exercise on the Health Activity Tracker™ (HAT) and access a variety of health information all from one website.

The site is accessible from any computer, including your home. Wellness will accept paper PWP booklets until May 15. **After May 15, every Healthy Rewards participant must use the website.** For your convenience, Healthy Rewards is a “favorite” under the Internet Explorer icon on computers within Saint Francis Medical Center.

It is important to activate your new account by May 15. Activation is very simple:

1. Visit <https://wellsuite.com/sfmchealthierus/ws/>.
2. Enter your **employee number and default password.**
Your employee number must be at least four digits.
Employees with a three-digit number will add one zero in front (0XXX).
Employees with a two-digit number will add two zeros in front (00XX).
Password: sfmc (lowercase).
3. You will be asked to **reset your password.** Your new password may consist of letters and/or numbers but must be at least four characters.
4. Please **fill in all the contact information**, especially the email address.
5. **Select a password reset question** in case you forget your password.
6. **Enter the required health stat estimates** (age, height, weight, waist girth). Wellness will do an actual assessment at an Express Screening or during your annual evaluation.

Congratulations! Your Healthy Rewards account is now active. The home page features announcements from Healthy Rewards, the program calendar and access to the **Healthy Rewards tools**:



Health Activity Tracker: Document your exercise and access activities to earn Wellness points. *The current Health Activity Tracker will be deactivated starting May 15. All exercise records will be saved, but it is important to activate your new account and **start using the new site before May 15.***



Online Wellness Center: An excellent source for health information! The site is updated monthly with articles focusing on a variety of health issues, including blood pressure, cholesterol, stress, safety and much more.



Personal Wellness Profile: Complete your online PWP questionnaire before your annual evaluation to re-enroll in Healthy Rewards. Please refer to the annual enrollment instructions available in the Media Centers, Employee Health and Fitness Plus or online at <http://www.sfmc.net/Healthy-Rewards.htm> for more information. PWPs must be completed before attending the Express Screenings or receiving a lab slip. **Please do not complete a PWP unless it is time for your annual evaluation. You are only allotted one assessment per year.**

Please call Wellness at ext. 5970 or email healthyrewards@sfmc.net with any questions.



Medicine to the Highest Power

