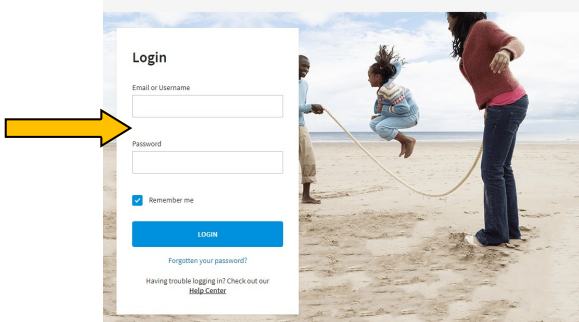


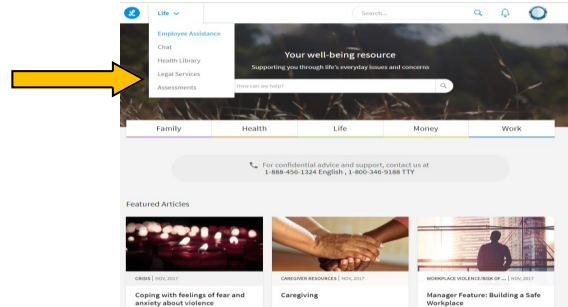
# How to take the Life Health Assessment and Log Wellness Incentive Points

Follow these steps to complete the Life Health Assessment, see what activities are available, and how to track your 20 points

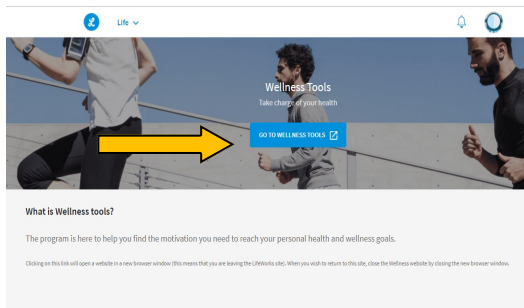
1. Use your personal id/password that you created.  
\*User id will be a full email address\*



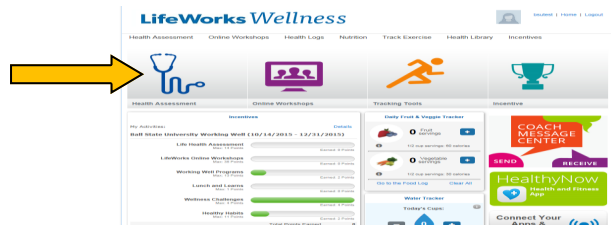
2. Drop down "Life" at the top of the page and click "Wellness Tools"



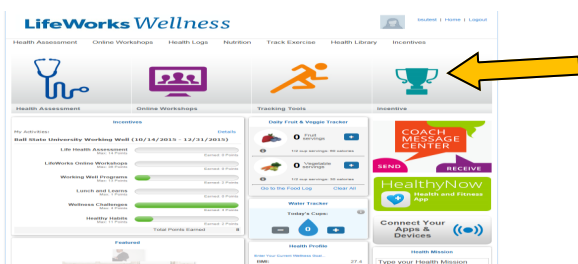
3. Click on "Go to Wellness Tools"



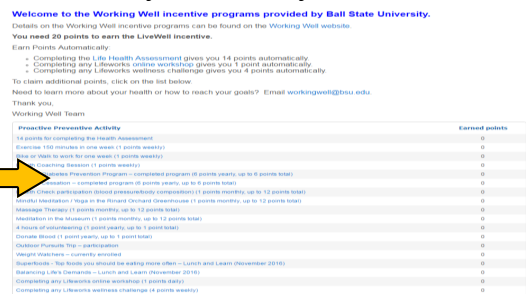
4a. To take the Life Health Assessment click "Life Health Assessment" and follow prompts



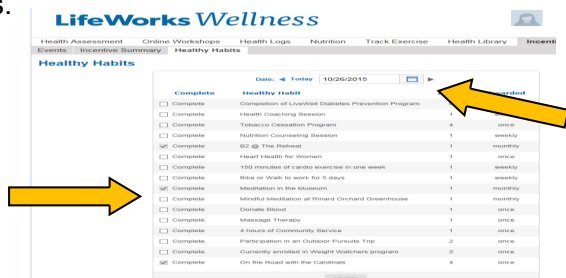
4b. To log your wellness incentive points click "Incentive."



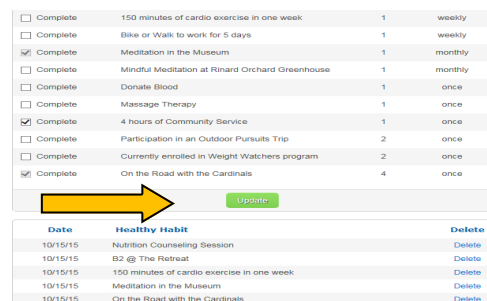
5. Choose your activity and click once



6. You may change the date if you missed a week of tracking. Choose your activity again to receive points.



7. Click "Update" to save your points.



For additional questions or concerns please call Working Well at 765-285-9355