



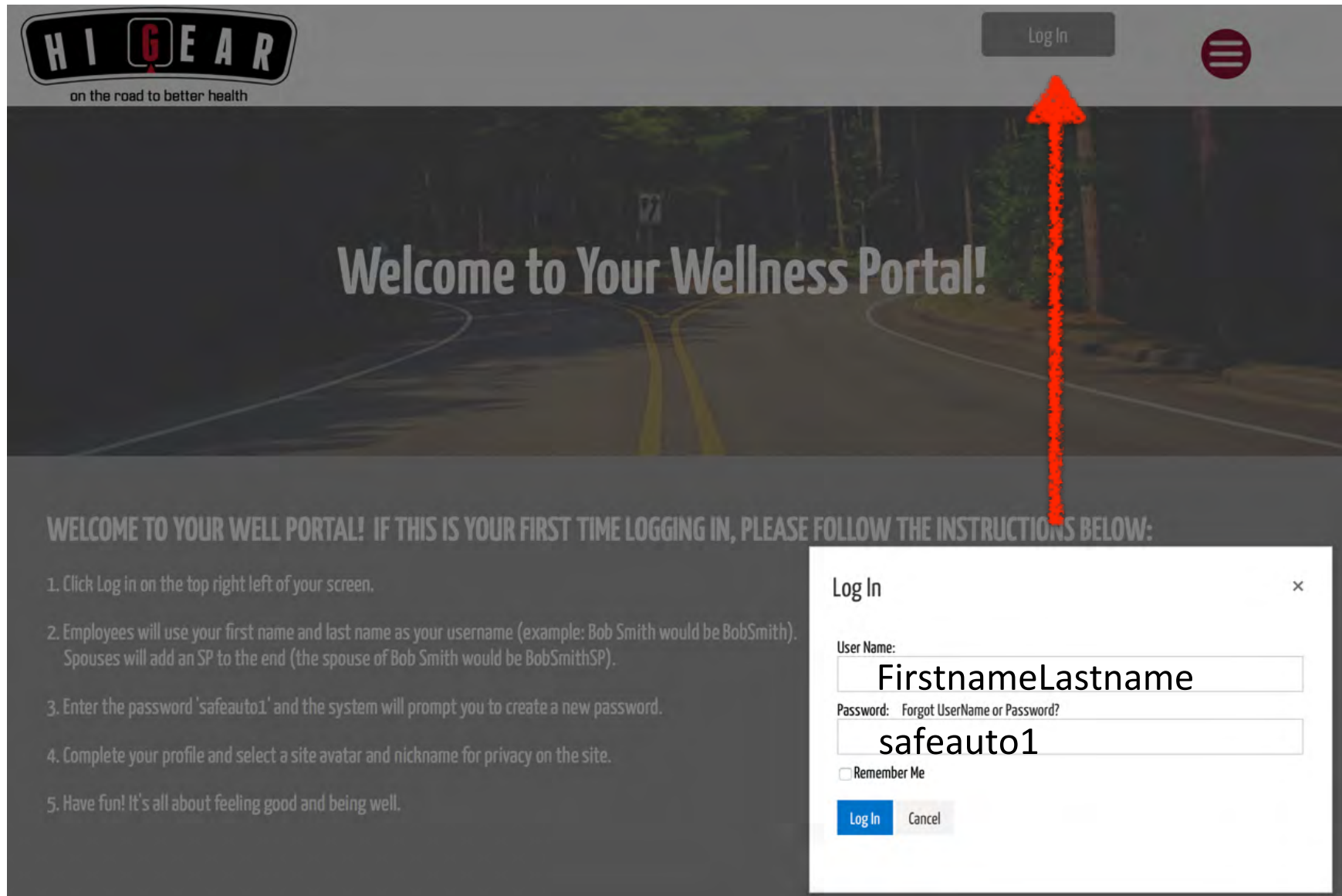
Log In

A photograph of a paved road with yellow double lines, curving through a dense forest of tall trees. The scene is captured from a low angle, looking down the road.

Welcome to Your Wellness Portal!

HiGearWellness.com

MyWellSite First Time Log In Instructions



The screenshot shows the MyWellSite homepage. At the top left is the 'HI GEAR' logo with the tagline 'on the road to better health'. At the top right is a 'Log In' button and a hamburger menu icon. The main banner features a road winding through a forest with the text 'Welcome to Your Wellness Portal!'. Below the banner, a message reads: 'WELCOME TO YOUR WELL PORTAL! IF THIS IS YOUR FIRST TIME LOGGING IN, PLEASE FOLLOW THE INSTRUCTIONS BELOW:'. A red arrow points from the bottom of the instructions to the 'Log In' button. An inset shows the login form with the username 'FirstnameLastname' and password 'safeauto1'.

HI GEAR
on the road to better health

Log In

Welcome to Your Wellness Portal!

WELCOME TO YOUR WELL PORTAL! IF THIS IS YOUR FIRST TIME LOGGING IN, PLEASE FOLLOW THE INSTRUCTIONS BELOW:

1. Click Log in on the top right left of your screen.
2. Employees will use your first name and last name as your username (example: Bob Smith would be BobSmith). Spouses will add an SP to the end (the spouse of Bob Smith would be BobSmithSP).
3. Enter the password 'safeauto1' and the system will prompt you to create a new password.
4. Complete your profile and select a site avatar and nickname for privacy on the site.
5. Have fun! It's all about feeling good and being well.

Log In

User Name: FirstnameLastname

Password: [Forgot UserName or Password?](#)
safeauto1

☐ Remember Me

Log In Cancel

Accept User Agreement & Complete Your Profile

Please read this license and accept it below before continuing

CoreHealth™ Technologies Inc. Software License Agreement

This Agreement governs your use of CoreHealth™ Technologies Inc. ("CoreHealth") software (the "Software") and website (the "Website"). It exempts CoreHealth and other persons from liability or limits their liability, and contains other important provisions that you should read.

Each time you use the Software or the Website you signify your acceptance and agreement, without limitation or qualification, to be bound by this Agreement as it then reads, and you have the legal authority to agree to and accept this Agreement on behalf of yourself and any person you represent. If you do not agree with each provision of this Agreement, or you are not authorized to agree to and accept this Agreement on behalf of the person you purport to represent, you may not access or use the Website or the Software.

1. Ownership and Permitted Use of CoreHealth Products

The Website and the Software (including all content and other information in text, graphical, video and audio forms, images, icons, software, designs, applications, data, and other elements available on or through Website or the Software) is the property of CoreHealth and others, and is protected by Canadian and international copyright, trade-mark and other laws. Under the terms of this Agreement, CoreHealth grants you a non-exclusive license to use the Website and Software. CoreHealth may revoke your license at anytime in its sole discretion. Your use of Website and the Software does not transfer to you any ownership or other rights.

You may print Website pages provided that you do not modify any of the pages and you do not remove or alter any visible or non-visible identification, marks, notices, or disclaimers. The Website and its content may not be copied, framed, scraped, mirrored, data mined, imitated, reproduced, republished, uploaded, posted, transmitted, modified, indexed, catalogued, mirrored or distributed in any way, in whole or in part, without the express prior written consent of CoreHealth. You may not sell or resell any part of Website or the Software or access to Website or the Software, without the express prior written consent of CoreHealth.

2. Trade-mark Information

CoreHealth Technologies Inc., CoreCommunity, CoreAssist, CoreXL, CoreAssessment and CoreCoach are trade-marks and trade names owned or licensed by CoreHealth.

Other names and logos appearing on or in connection with the Website or the Software may be trademarks or registered trademarks of their respective owners, used under license or permission of their respective owners.

User Profile

Company


Locales

Profile

* **Nickname**

coolchick

Avatar

 Choose an Avatar Upload an Avatar

* **First Name**

Amy

* **Last Name**

Cohen

Gender

☐ Male

☒ Female

Time Zone

(UTC-05:00) Eastern Time (US & Canada)

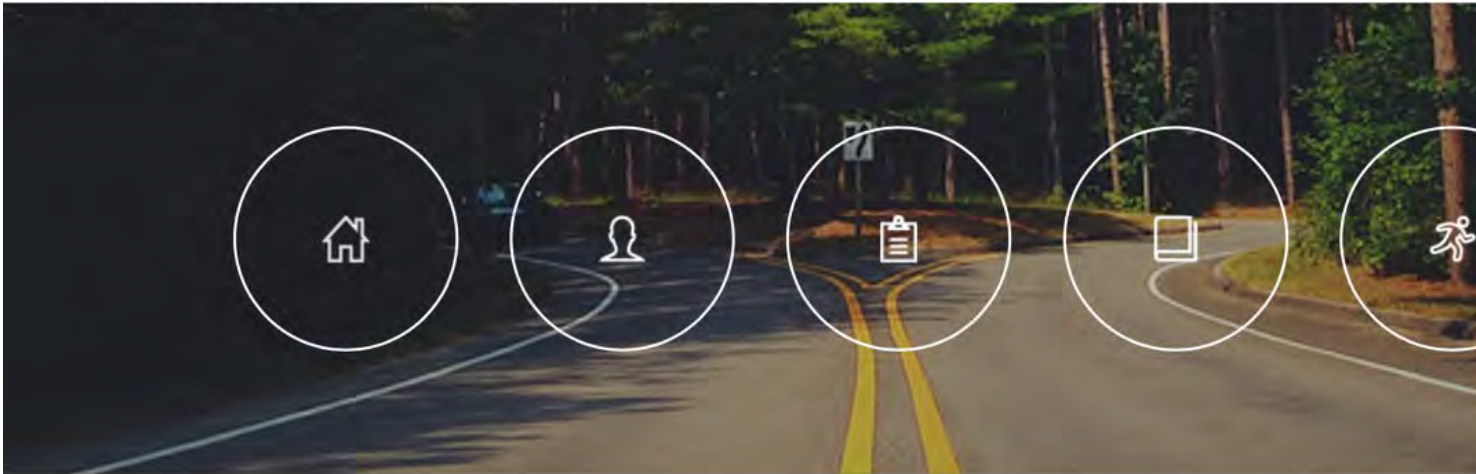
Address

Street

Contact

Click on
"Agree"

Navigating the Site



Home

Social

Programs

Resources

Tracking

Participate

Communicate

Library

Resource Page

Help

Click here for options.

Click here for support.

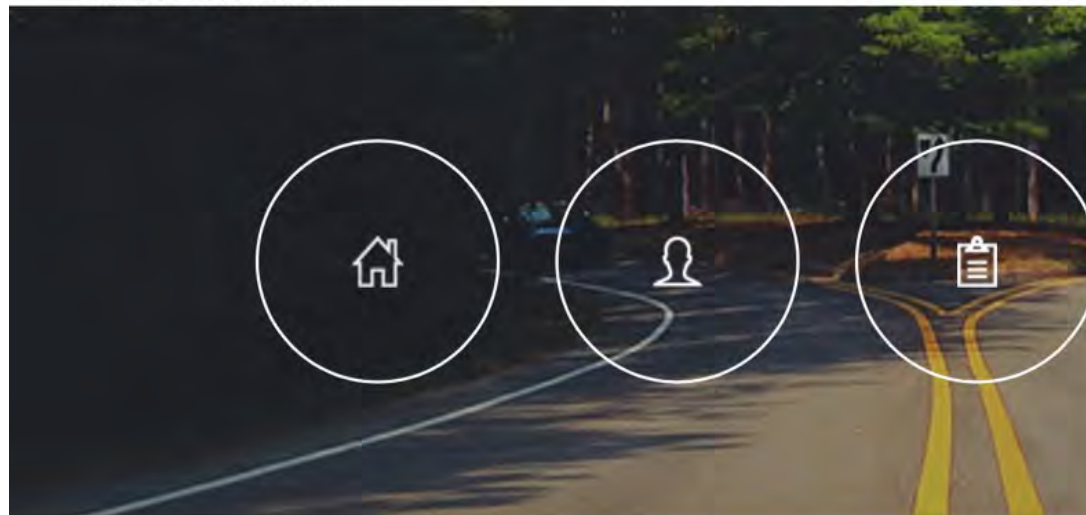
SHIFT INTO HI GEAR ON YOUR WELLNESS JOURNEY

WELCOME: You have the power to improve your health and lower your health care costs!

Earn rewards while making strides towards a healthier you!



Edit Your Profile



Click here for options.



Safe Auto Test

- Update Profile
- Change Password
- Mobile Access
- History
- Calendar
- Logout

SHIFT INTO HI GEAR ON YOUR WELLNESS JOURNEY

WELCOME: You have the power to improve your health and lower your health care costs!

Earn rewards while making strides towards a healthier you!



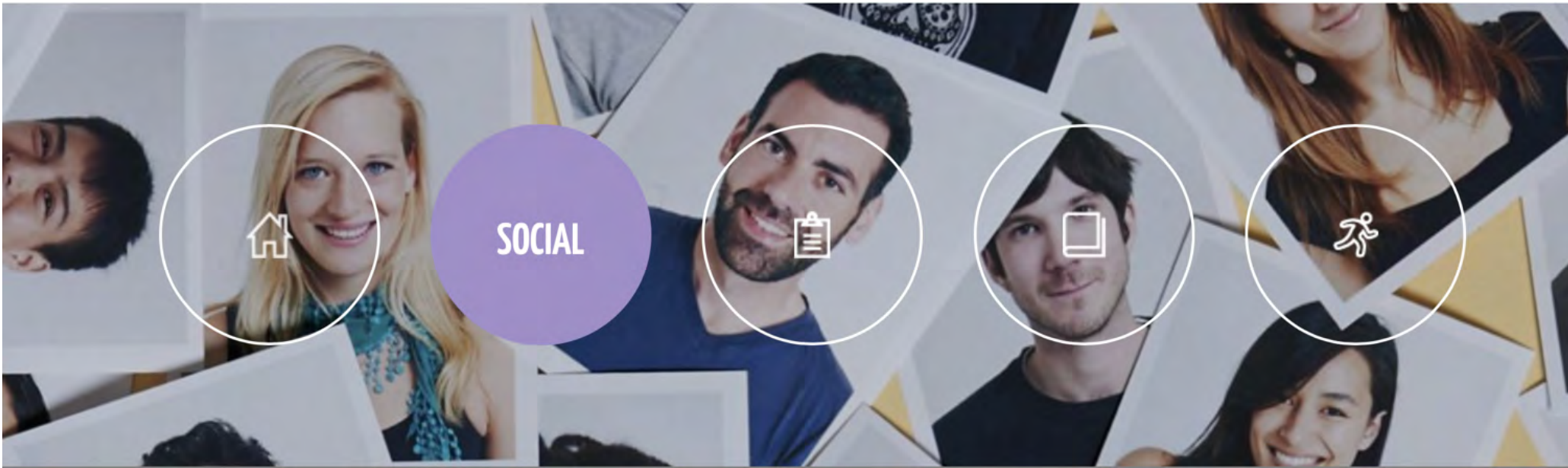
The Dashboard



What can I find here?

- The **Newsfeed** which mentions important dates and messages.
- **Quick Links** to important pages and documents.
- Any other important notices.

The Social Page



What can I find here?

- Your **Buddy List** which allows you to add and message buddies.
 - Adding a buddy requires their email address.
 - You can see your buddies name and activity.
- **Connect With Your Coaches.**

Connect With Your Coach



Click a coach to see their personal biography!



Jennifer Robinson Skaggs

jrobinson@WellnessCoachesUSA.com
1-866-894-1300 Ext. 194



Kasey Marquardt

KMarquardt@wcusa.com
1-866-894-1300 Ext. 55



Katrina Krebs

kkrebs@wcusa.com
1-866-894-1300 Ext. 164



Susan Rode

srode@wcusa.com
1-866-894-1300 Ext. 133

The Programs Page



What can I find here?

- Download your **Provider Screening Form** or **Upload it**.
- See your current **Incentive Level**.
- Examine your **Biometric Numbers** and see how you rank to the Employer Goals.
- Review **Reasonable Alternative Options**.

Premium Discount Program



CURRENT REWARD LEVEL:

Level 1

- ✓ Complete Preventive Care Form
- ✓ Meet 3 out of 5 Biometric Numbers

Level 2

- ✓ Non-Tobacco Use Affidavit (Must be negative)

Your Current Reward Level.

Participant Information:

Name: Safe Auto Test
Username: SafeAutoTest

Report Date: 6/29/2017



Criteria	Employer Goal	Previous Value	Current Value
Waist Measurement (or)	Male <40", Female <35"	38	30
Body Mass Index	<27.5	25.8	24.4
Blood Pressure	<130 / 85	129/84	110/80
HDL Cholesterol	Male ≥ 40, Female ≥ 50	40	30
Glucose	<110	109	100
Triglycerides	<150	140	140

To receive credit for your Biometric Numbers, you must qualify in at least 3 out of 5 categories.

Credits in categories by meeting the Employer Goal: 4

Credits in categories by improving over last year: 1

You qualify for your Biometric values!

See Your Biometrics.

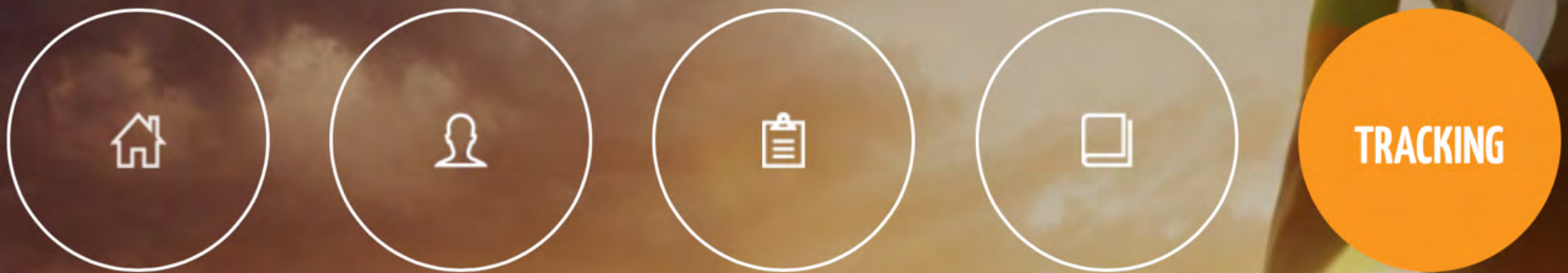
The Resource Page



What can I find here?

- A **Resource Library** where you can find relevant documents.
 - These include resources specific to Safe Auto.
 - Also, documents that are general and a valid resource for all!
- The **Wellbeing Library** where you can find over 300 recipes, videos, and articles.


The Tracking Page




What can I find here?

- **Trackers** where you can track your steps or activity.
 - Don't have a device or pedometer? Select an activity!
 - Your activity will appear on the graph at the top of the page.
- **Connect your device** and have your steps imported automatically.
 - There are a number of devices that can be connected.
 - You can download the Fitbit app and use your phone's pedometer.

Choose a Way to Track Activity


Home User Profile Calendar 

COUNT STEPS


Enter date: 5/11/2017 

Enter number of steps:

0 **Add**




COUNT ACTIVITIES

Enter date: 5/11/2017 


- choose an activity -

Enter minutes: 0 **Add**

(0 Steps)



Connect Fitness Device

 **Connect**

Connect Your Device

Step #1 - Click to connect!

COUNT STEPS

Enter date: 5/11/2017

Enter number of steps: 0 **Add**

COUNT ACTIVITIES

Enter date: 5/11/2017

- choose an activity -

Enter minutes: 0 **Add**

(0 Steps)

Connect Fitness Device

Connect

Step #2 - Select your device and login.

Browse & Connect Apps

adidas miCoach

CONNECT +

miCoach is your personal coach.

[MORE DETAILS](#)

Bewell Connect

CONNECT +

Health Empowerment – Home Monitoring – Patient Centered Care

[MORE DETAILS](#)

Daily Mile

CONNECT +

Dailymile is a social experience for active people.

[MORE DETAILS](#)

FatSecret

CONNECT +

FatSecret is an online tool to achieve your diet goals.

[MORE DETAILS](#)

Fitbit

CONNECT +

Fitbit offers wearable devices to help you lead a healthier, more active life.

[MORE DETAILS](#)

Fitbug

CONNECT +

Fitbug offers pocket-sized devices combined with an online program.

[MORE DETAILS](#)

Garmin Connect

CONNECT +

Garmin designs, manufactures and markets GPS navigation.

[MORE DETAILS](#)

iHealth

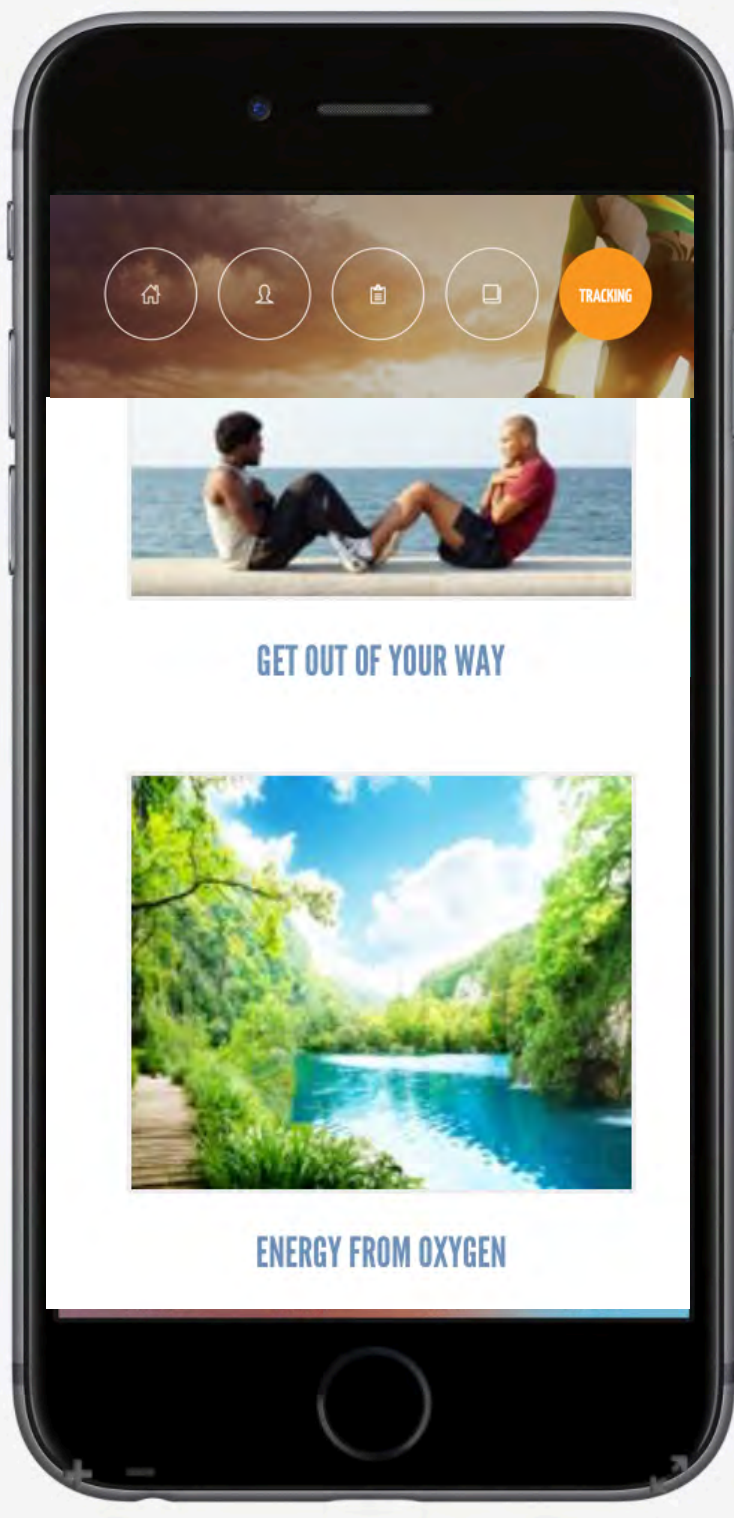
CONNECT +

iHealth designs innovative, mobile personal healthcare products for

[MORE DETAILS](#)

Step #3 - Your activity will upload automatically!

On Your Tablet or Mobile Device



- Visit your site on your phone or mobile device.
- The site is completely mobile responsive.
- No app necessary.

Questions?
Email higear@wcusa.com or
Contact your coach:



Jennifer Robinson Skaggs

jrobinson@WellnessCoachesUSA.com
1-866-894-1300 Ext. 194



Kasey Marquardt

KMarquardt@wcusa.com
1-866-894-1300 Ext. 55



Katrina Krebs

kkrebs@wcusa.com
1-866-894-1300 Ext. 164



Susan Rode

srode@wcusa.com
1-866-894-1300 Ext. 133



on the road to better health