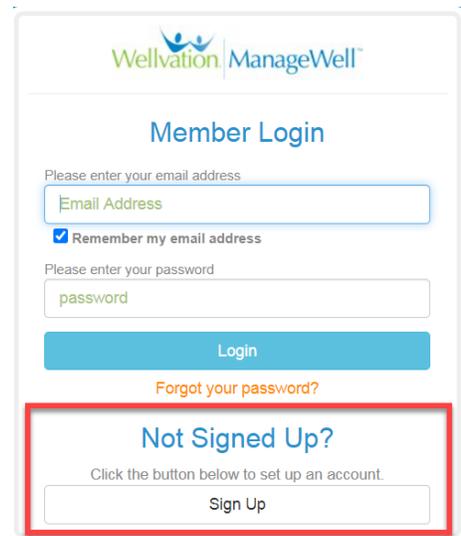


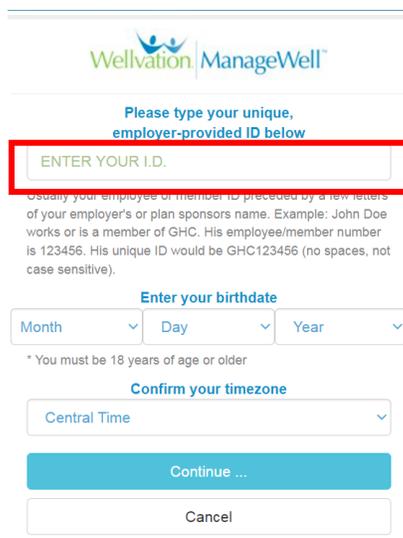
# HOW TO REGISTER ON MANAGEWELL.COM

1. Go to **managewell.com**.
2. Click **“Sign Up”** (see RED box in picture to right)
3. The next screen (see below) asks for unique employer - provided ID.
4. **The Unique ID number is CMH** with a six digit number; add enough 0’s before your employee ID number to make a six digit number.

- a. Example: If your Employee ID number is 1234, your Unique ID is: CMH001234.



5. Enter your birthdate and timezone. Click Continue.



6. The next screen will ask you for an e-mail address. You may change this to a different email address if you wish, just know all emails associated with ManageWell will be sent to that email.
7. After you’ve completed this registration page – clicking “Agree” at the bottom of the page will bring you into the home page.
8. There is a smartphone app you can download - **ManageWell2.0**. You can do everything on the app that you can access on the website. You can also connect a device - either a wearable device or an app from your phone to automatically track steps or exercise.
9. If you have any questions or want more information, please reach out to your Wellness Coordinator or Wellness Champion - we are happy to help you!