

HealthAdvocate™

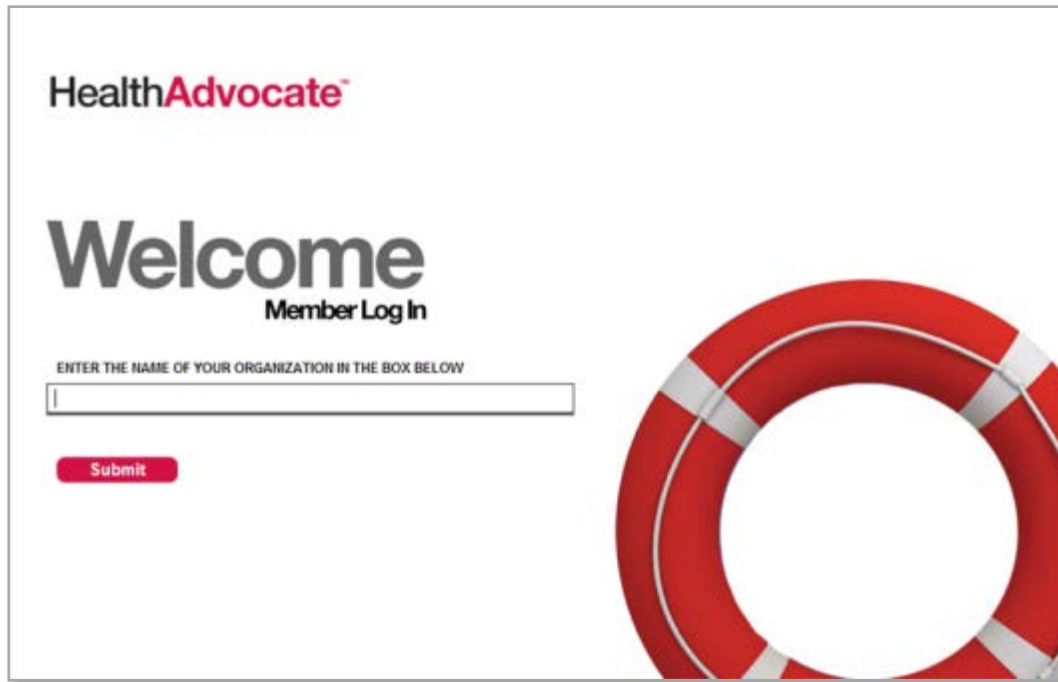
**How to register for
Health Advocate and access the wellness features**



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Registration Process:

- Go to HealthAdvocate.com/members



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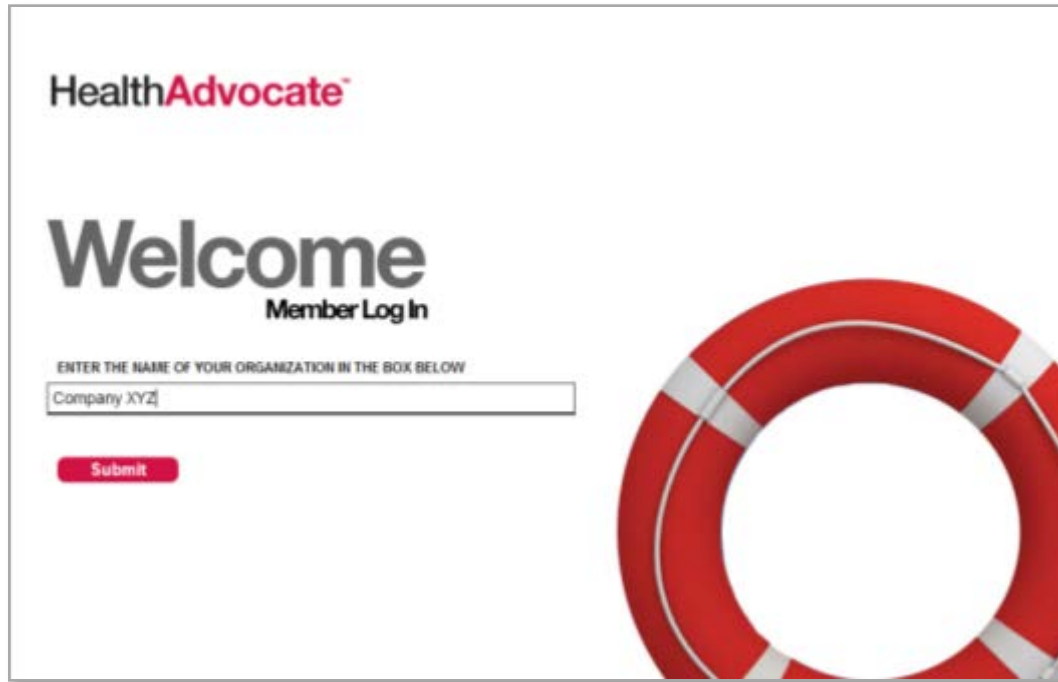
Welcome

Member Log In

ENTER THE NAME OF YOUR ORGANIZATION IN THE BOX BELOW

Submit

- Type in Devereux Foundation and click “**Submit**”



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Welcome

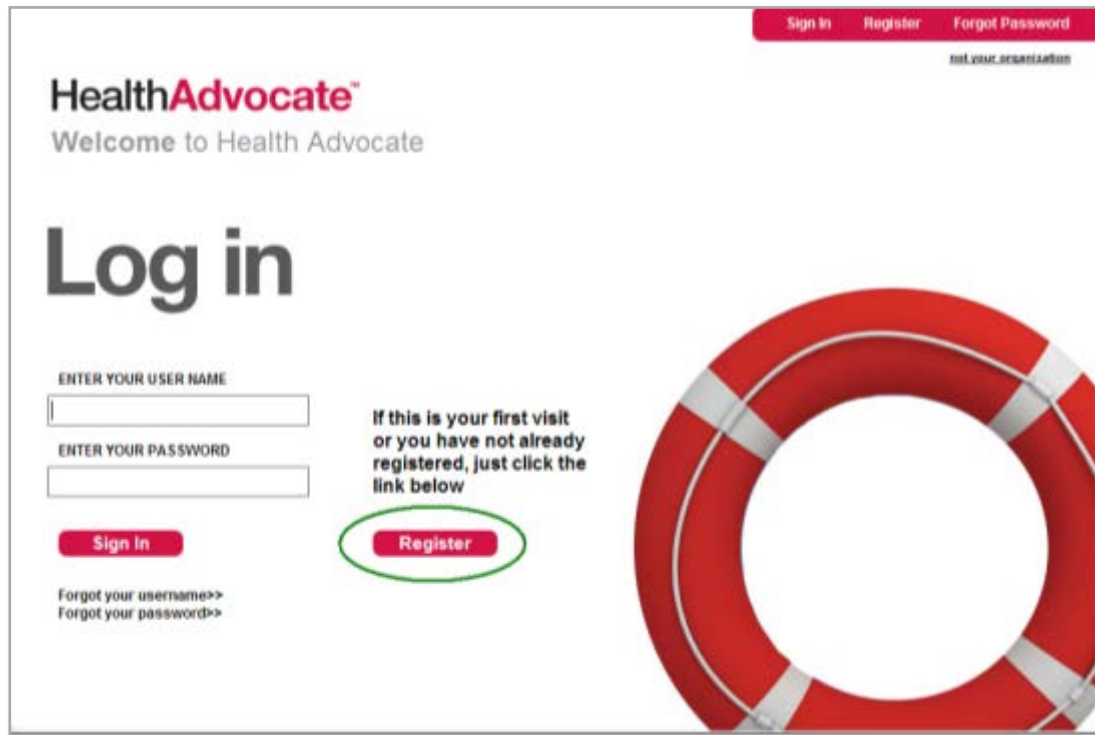
Member Log In

ENTER THE NAME OF YOUR ORGANIZATION IN THE BOX BELOW

Submit

* If you remember your User Name and Password, or have contacted Health Advocate to get this information, skip to **Page 10**

- Otherwise, click “**Register**”



- Enter your First Name, Last Name, Date of Birth and ZIP Code, then click “**Next**”

The screenshot shows the HealthAdvocate website's registration page. At the top left is the HealthAdvocate logo with the tagline "Welcome to Health Advocate". At the top right, it says "not your organization". The main heading is "New Member Registration". Below this is a breadcrumb trail: "Personal Information > Account Information > Terms & Conditions". A grey box contains the registration form with the instruction: "Enter your personal information exactly as it appears on your paycheck." The form fields are: First Name (Heather), Last Name (Elza), Date of Birth (January 01 1980), and ZIP Code (12345). A red "NEXT >" button is at the bottom right of the form.

HealthAdvocate™
Welcome to Health Advocate

not your organization

New Member Registration

[Personal Information](#) > [Account Information](#) > [Terms & Conditions](#)

Enter your personal information exactly as it appears on your paycheck.

First Name

Last Name

Date of Birth

ZIP Code

NEXT >

- Create your unique User Name and Password. Provide your individual, active email address and choose your security questions (*email account must be valid*), then click “**Next**”
- If registering a spouse, enter a different email address than your own

New Member Registration


[Personal Information](#) > [Account Information](#) > [Terms & Conditions](#)

User Name


Password Confirm Password

Password must be 8 or more characters in length and contain **three of the four** following character sets: Upper case (A-Z), Lower case (a-z), Numerics (0-9), Special characters such as punctuation symbols (Example: Healthy4).


Email Confirm Email

Secret Question 1 

Answer

Secret Question 2 

Answer

Secret Question 3 

Answer

If you forget your password, you can use these answers to reset it.

[< PREV](#) [NEXT >](#)

- Read and accept the Terms and Conditions, then click “**Register**”

Sign In Register Forgot Password [not your organization](#)

HealthAdvocate™
Welcome to Health Advocate

New Member Registration

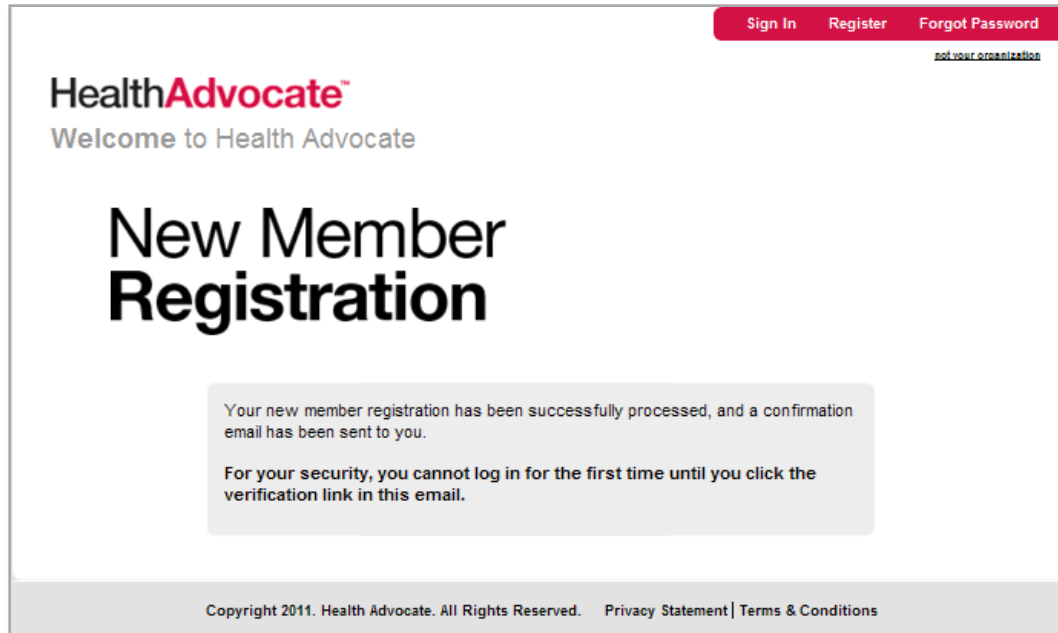
Personal Information > Account Information > **Terms & Conditions**

I have read and agree to the [Terms and Conditions](#)

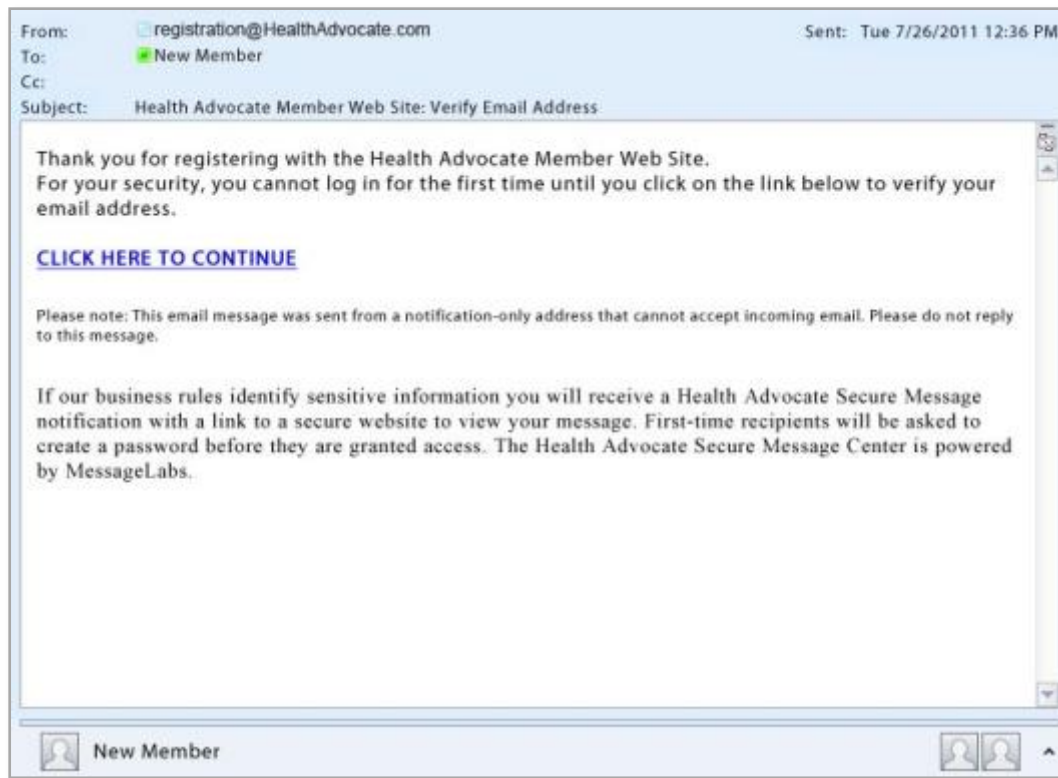
< PREV REGISTER

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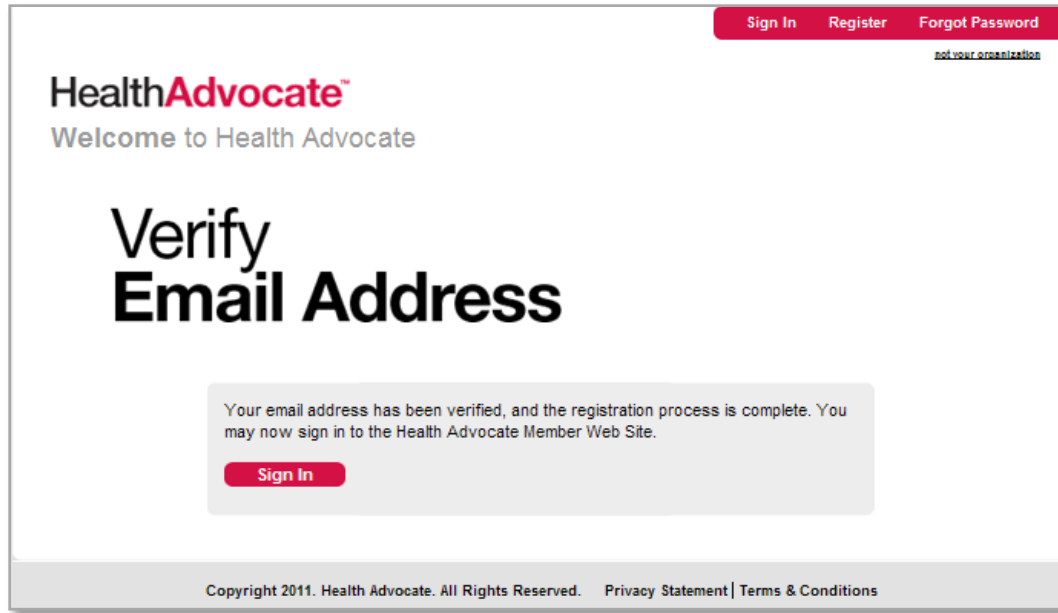
- You will receive this message, directing you to open the welcome email and click on the verification link



- Open the appropriate email account and open the email from **registration@HealthAdvocate.com**. Then, click on the hyperlink in the body of the email to activate your personal account



- You will be directed to this webpage, where you will simply need to click on **“Sign In”**



- Enter your **User Name** and **Password**, then click **“Sign In”**

HealthAdvocate™
Welcome to Health Advocate

Log in

ENTER YOUR USER NAME
Wellness

ENTER YOUR PASSWORD

[Sign In](#) [Register](#)

Forgot your username>>
Forgot your password>>

If this is your first visit or you have not already registered, just click the link below

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Accessing Wellness Features:

- Scroll to the bottom of the web page and click on “**Wellness**”



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Taking Your PHP:

- Before completing the PHP, make sure you have information on the below topics with you. You must complete all the questions on the PHP in order for it to show as complete.
 - Nutrition habits
 - Tobacco use
 - Personal safety (e.g., driving habits, sleeping habits, sunscreen use)
 - Level of physical activity
 - Health history (including health exams and medical conditions)
 - Biometric information (including height, weight, blood pressure, blood sugar, and cholesterol levels)
 - If you don't know the exact number you can choose a range.

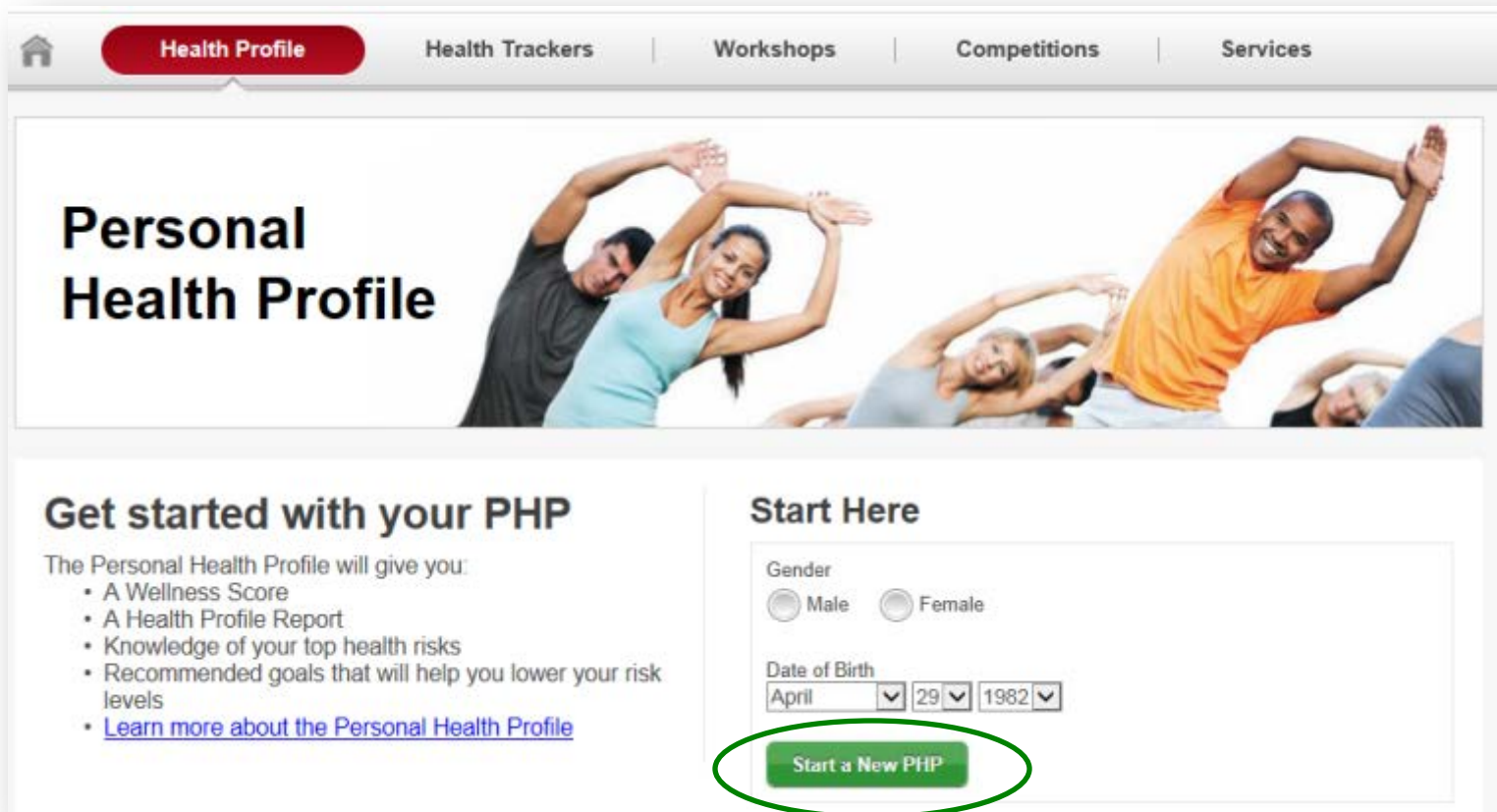
Taking Your PHP:

- Either click “**Health Profile**” at the top of the page, or click “**Start**” next to “**Personal Health Profile**” from your “**My To-Dos**” list

The screenshot displays the top navigation bar of the Health Advocate website. The 'Health Profile' tab is circled in green. Below the navigation bar is a banner with the text 'It's Easy to Track Your Health Online!' and a photo of a smiling man. The 'My To-Dos' section is visible, with the 'Personal Health Profile' item and its 'Start' button circled in green. The 'My Points' section is also visible, showing a progress bar and the text 'Recent Points Earned'.

Taking Your PHP:

- Indicate your **Gender** and enter your **Date of Birth**, then click “**Start a New PHP**”



Health Profile | Health Trackers | Workshops | Competitions | Services

Personal Health Profile

Get started with your PHP

The Personal Health Profile will give you:

- A Wellness Score
- A Health Profile Report
- Knowledge of your top health risks
- Recommended goals that will help you lower your risk levels
- [Learn more about the Personal Health Profile](#)

Start Here

Gender
 Male Female

Date of Birth
April 29 1982

Start a New PHP

Viewing Your PHP Report:

- At the end of the survey, after you have completed all sections, click on “**Finish and Generate Report.**” In a few moments your personal report will generate



Personal Health Profile

Results From: 2/14/2014 | Score **75/100** ? | PDF

Congratulations on completing your Personal Health Profile! You have taken the first step towards taking charge of your health and well-being. This personal report has been created specifically for you and is meant to provide relevant information about your own health. You can also use it to guide you in setting goals in areas that need your attention.

Take the time to review your personal report for ideas on how you can begin to make changes in your daily habits that will have a positive impact on your health. The information below summarizes the areas where you are doing great, habits that might need attention, and where you need to take immediate action. The pages that follow provide detailed information about how your lifestyle habits can impact your health and what changes you can make to reap the benefits of better health and quality of life

AREAS TO TAKE ACTION NOW

Cholesterol		Learn More
	Time to Act	
Cancer		Learn More
	Time to Act	

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Viewing Your PHP Report:

- You can choose to view more detailed information by clicking on “**Learn More**”

KEEP UP THE GOOD WORK

Diabetes Great Job [Learn More](#)

Nutrition Great Job

Physical Activity Great Job

Personal Health Profile

Results From: 2/14/2014 Score **75/100** ? PDF

Diabetes

Diabetes is a serious disease that affects almost 26 million Americans, and estimates indicate 79 million adults in the U.S. have pre-diabetes. When diabetes strikes, the body can no longer produce or properly use insulin resulting in high sugar or glucose levels in the blood. Having pre-diabetes increases the risk of developing type 2 diabetes and other conditions such as heart disease or having a stroke.

There are several different forms of diabetes with the two most common being Type 1 and Type 2. Type 1 diabetes is thought to be an autoimmune condition with a complex genetic component. It is not preventable and most people with the disease need to take insulin on a daily basis. Type 2 diabetes is the most common form in the United States and can likely be prevented by practicing healthy lifestyle habits.

You indicated that you gave birth to a baby who weighed 9 pounds or more. Women who have larger babies are at increased risk for type 2 diabetes later on, so be sure to focus on controlling your weight, being physically active and eating well to help minimize this risk.

TAKE ACTION!

Take me to my To Do List
Based on your results we have formulated some suggestions on how to get started. Click here to Take Action!

Saving or Printing Your Report:

- You can choose to save or print your report by clicking “**PDF**” to the right of your Personal Health Profile score.



Health Trackers | Workshops | Competitions | Services

Personal Health Profile

Results From: 2/14/2014

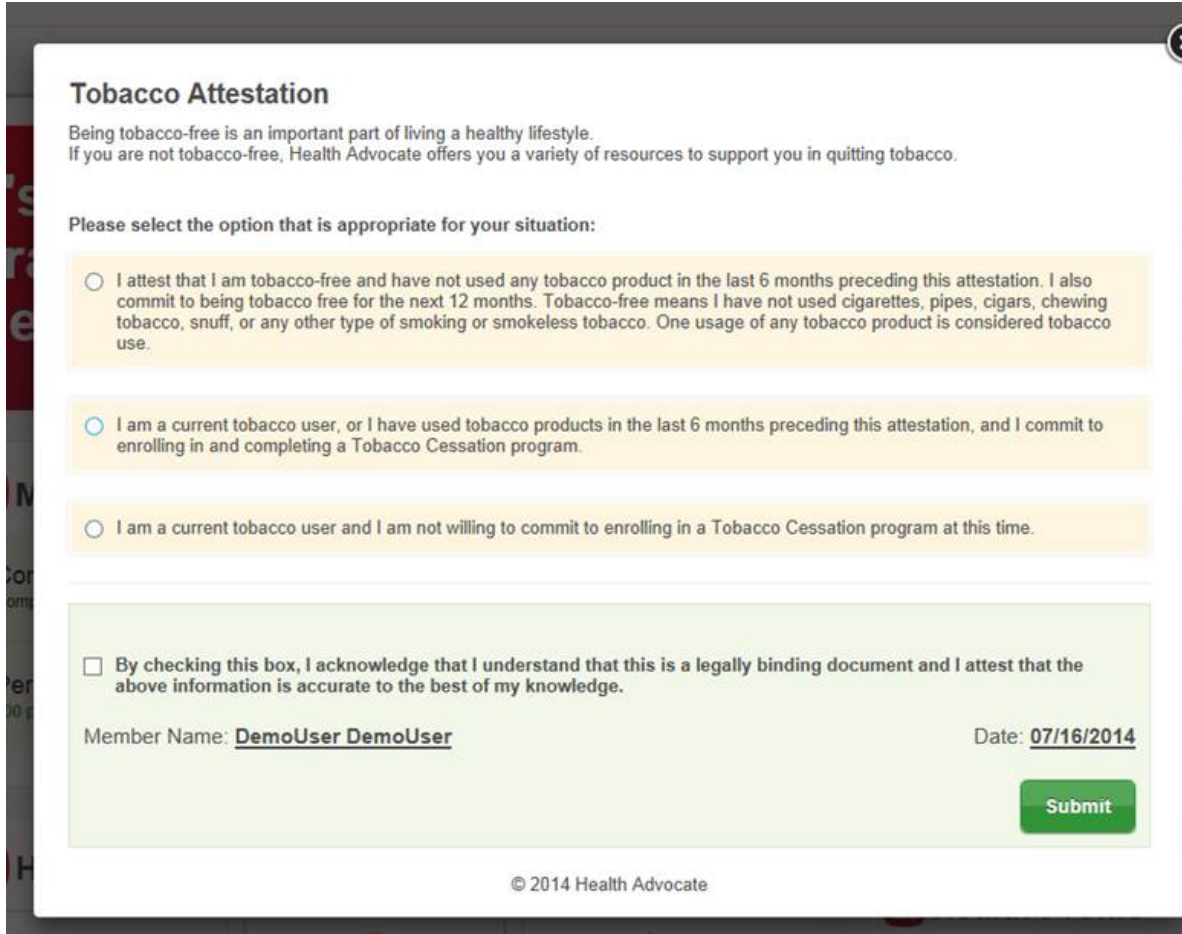
Score **75/100** ?

PDF

Congratulations on completing your Personal Health Profile! You have taken the first step towards taking charge of your health and well-being. This personal report has been created specifically for you and is meant to provide relevant information about your own health. You can also use it to guide you in setting goals in areas that need your attention.

Completing the Online Tobacco Affidavit:

- Click **“Start”** next to **“Online Tobacco Affidavit”** from your **“My To-Dos”** list



Tobacco Attestation

Being tobacco-free is an important part of living a healthy lifestyle.
If you are not tobacco-free, Health Advocate offers you a variety of resources to support you in quitting tobacco.

Please select the option that is appropriate for your situation:

I attest that I am tobacco-free and have not used any tobacco product in the last 6 months preceding this attestation. I also commit to being tobacco free for the next 12 months. Tobacco-free means I have not used cigarettes, pipes, cigars, chewing tobacco, snuff, or any other type of smoking or smokeless tobacco. One usage of any tobacco product is considered tobacco use.

I am a current tobacco user, or I have used tobacco products in the last 6 months preceding this attestation, and I commit to enrolling in and completing a Tobacco Cessation program.

I am a current tobacco user and I am not willing to commit to enrolling in a Tobacco Cessation program at this time.

By checking this box, I acknowledge that I understand that this is a legally binding document and I attest that the above information is accurate to the best of my knowledge.

Member Name: DemoUser DemoUser Date: 07/16/2014

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Starting a Wellness Workshop:

- After you have completed the Personal Health Profile, a workshop will be added to your “**My To-Dos**”. You can begin the workshop by selecting “**Start**” next to the workshop name. To choose a different workshop, select “**Workshops**” from the top menu bar.

The screenshot displays the Health Advocate user interface. At the top, a navigation bar contains five menu items: 'Health Profile', 'Health Trackers', 'Workshops', 'Competitions', and 'Services'. The 'Workshops' menu item is circled in green. Below the navigation bar is a large banner with a red background on the left containing the text 'It's Easy to Track Your Health Online!' and a photo of a smiling man on the right. Below the banner are two main content areas. The left area is titled 'My To-Dos' and features a green box for a 'Workshop: Walking For Fitness' with a 'Start Workshop' link and a 'Start' button circled in green. The right area is titled 'My Points' and shows a progress bar with the number '25' and the text 'Recent Points Earned'.

Signing Up For Coaching:

- Go back to the wellness home page and click “**Join Coaching**” at the bottom of the home page. You will be assigned a Wellness Coach, who will contact you soon. To begin coaching immediately, contact Health Advocate.



The screenshot shows the top navigation bar of the Health Advocate website. The 'Home' icon (a house) is circled in green. Below the navigation bar, there is a red banner with the text 'It's Easy to Track Your Health Online!' and a photo of a smiling man. Below that, there is a white box with the heading 'Wellness Coaching' and a sub-heading 'Get on the road to better health and wellness.' Below this, there is a red call-to-action 'Talk to a personal Wellness Coach today!' and a button labeled 'Join Coaching' which is circled in green. To the right of the text is a photo of a smiling woman wearing a headset.

Accessing the Health Trackers:

- You can access a health tracker from the top menu bar on the wellness home page. Then select **“Add Tracker”**

The screenshot shows the Health Advocate website interface. The top navigation bar includes 'Health Profile', 'Health Trackers', 'Workshops', 'Competitions', and 'Services'. The 'Health Trackers' menu item is circled in green. Below the navigation bar is a banner with the text 'It's Easy to Track Your Health Online!' and a photo of a smiling man. The main content area shows the 'Health Trackers' page with a date range of 'Sep 15 2014 - Sep 21 2014'. A table displays tracker data for each day. The 'Add Tracker' button is circled in green.

Trackers	15 Monday	16 Tuesday	17 Wednesday	18 Thursday	19 Friday	20 Saturday	21 Sunday
Time Exercised minutes	30	Add	30	Add			

🏆 = This tracker is part of a competition.