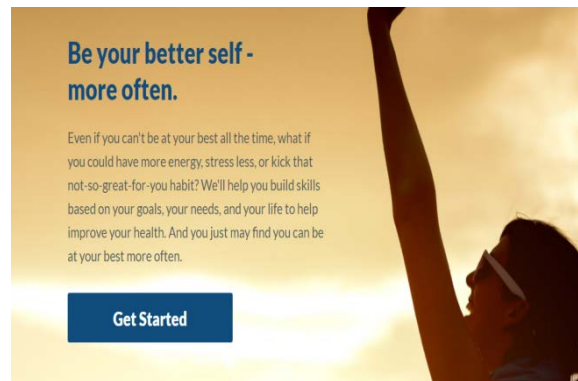


Wellness Handbook & Website Details

WEB PORTAL REGISTRATION PROCESS

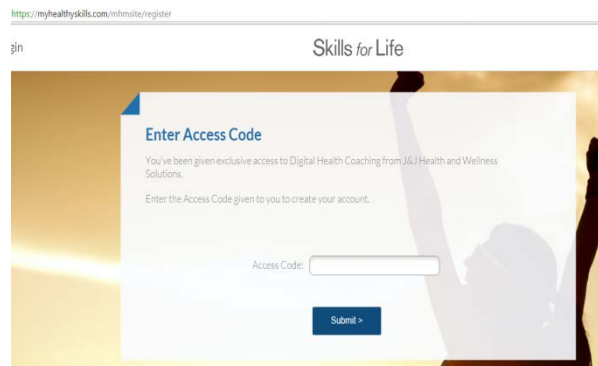
Go to <https://myhealthyskills.com/mhmsite/>

Click Get Started



Enter Access Code (all CAPS required) **JCCODMEMBERS**

You will only enter this code upon initial registration.



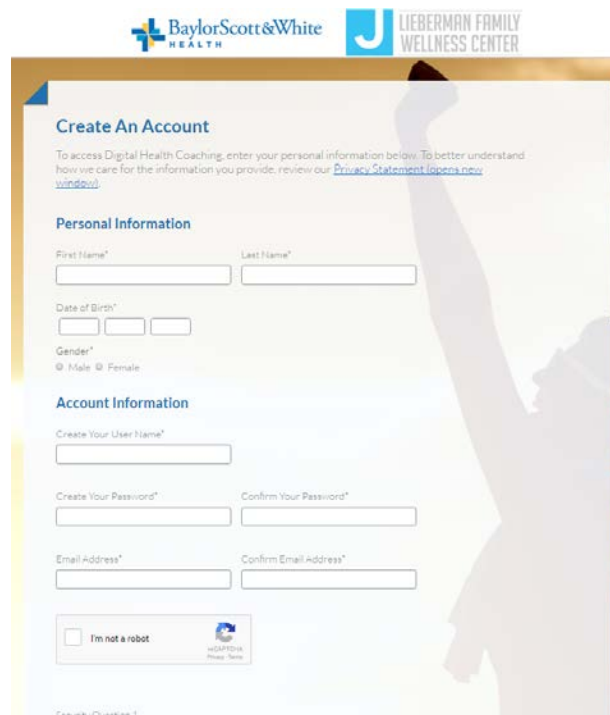
Choose Your Preferred Language



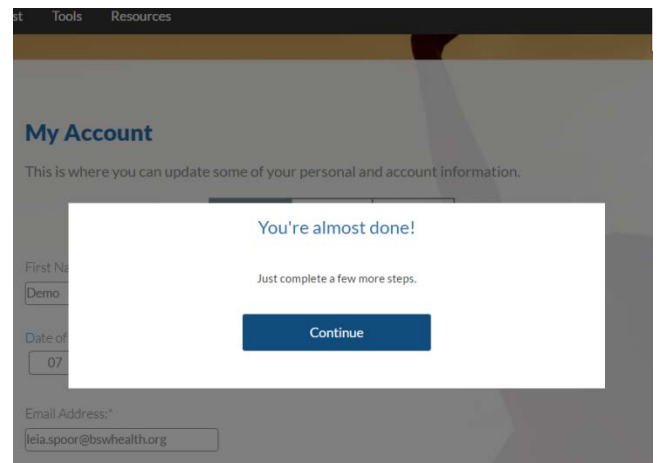
For Website technical assistance (username / password / etc.) call 1-866-433-9284
For JCC of Dallas Wellness program assistance please email corporatewellness@bswhealth.org

Create your Account – Enter your NAME, DATE OF BIRTH, GENDER, choice of USERNAME and PASSWORD, EMAIL, choice of SECURITY QUESTIONS AND **check the Participant Authorization Box.**

Click **I AGREE** and proceed!



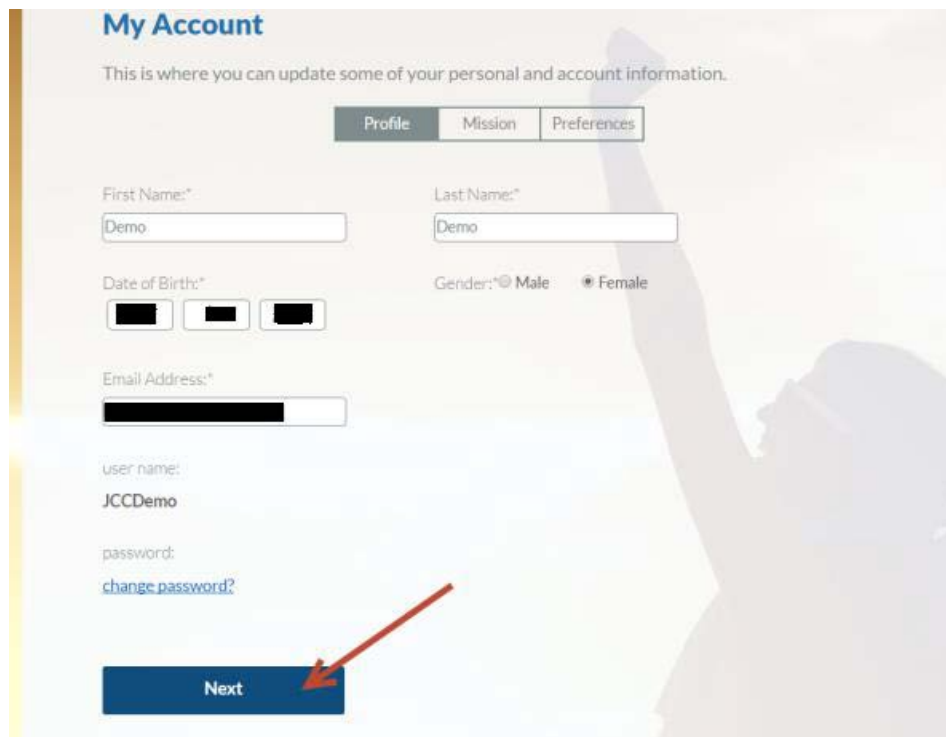
Complete your Account by clicking **Continue.**



For Website technical assistance (username / password / etc.) call 1-866-433-9284
For JCC of Dallas Wellness program assistance please email corporatewellness@bswhealth.org

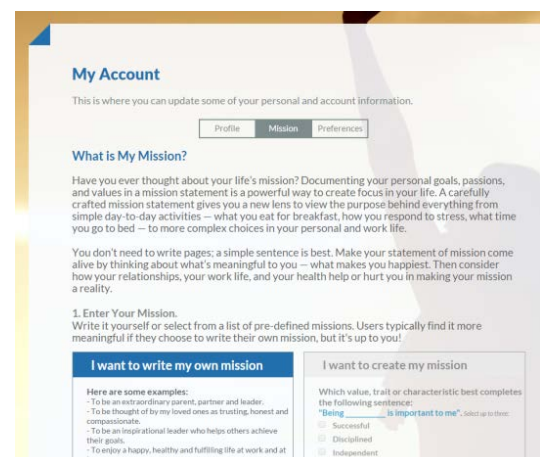
Confirm your name, date of birth, email, username and primary contact email.

Click Next to proceed.



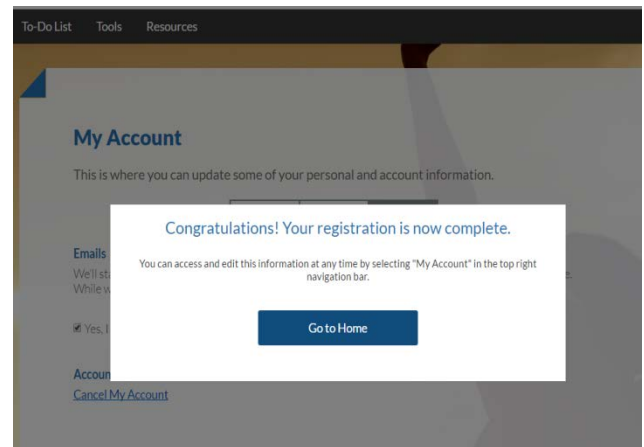
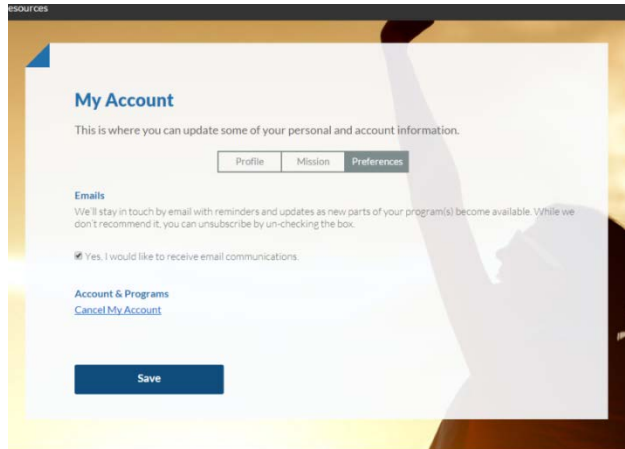
OPTIONAL - You may create a personal mission statement for your goals and values & upload a photo of yourself.

Click NEXT to Proceed.

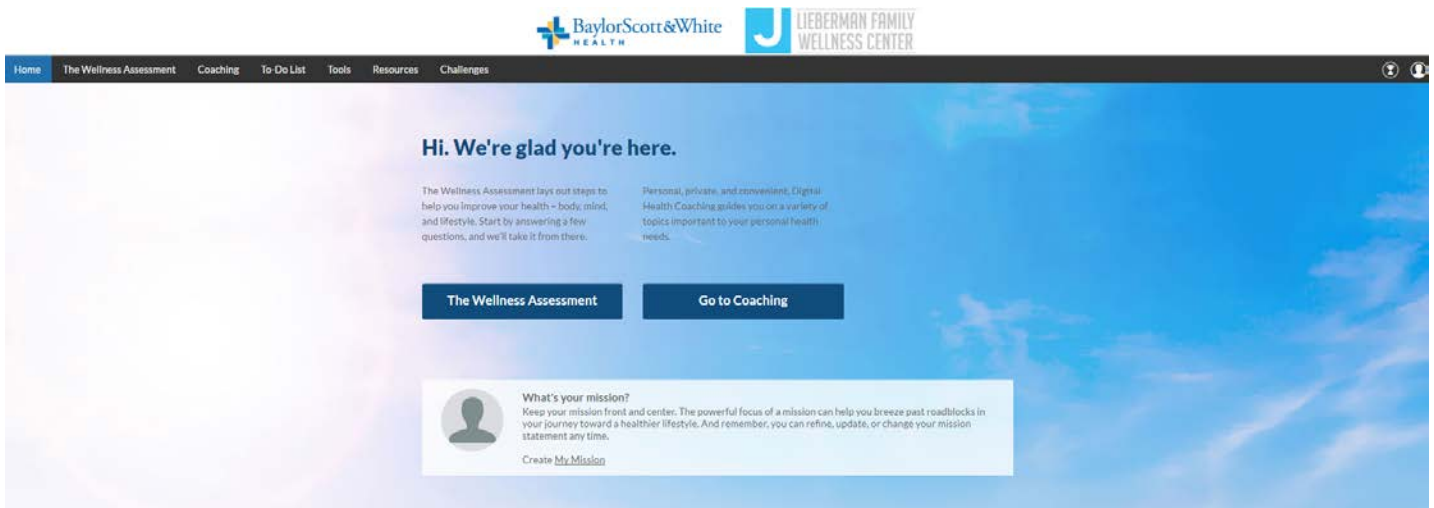


For Website technical assistance (username / password / etc.) call 1-866-433-9284
For JCC of Dallas Wellness program assistance please email corporatewellness@bswhealth.org

Save your Account details & Your Registration is now complete!



Go to Home Page to access full website!

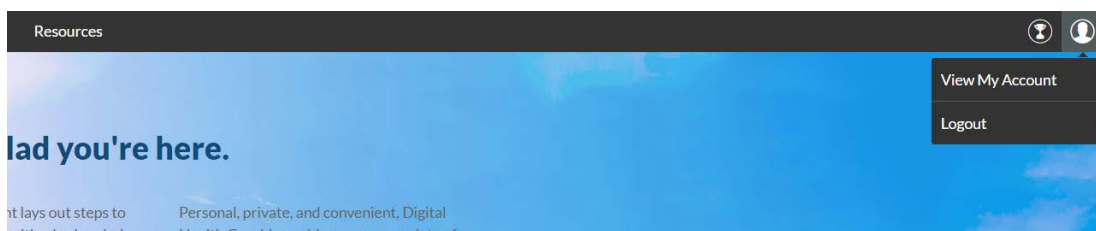


To access the website after initial registration, go to <https://myhealthyskills.com/mhmsite/> and go to **Sign In** in the top right corner. Enter the **USERNAME** and **PASSWORD** you created when registering your account!



WEBSITE TIPS

To update any account settings, click on the **Head Icon** in top right corner of page and **View My Account**



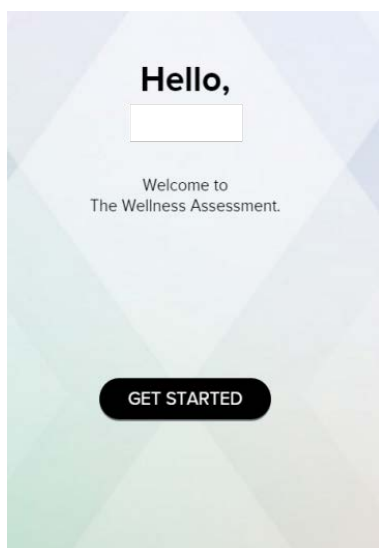
To confirm completion of the Wellness Assessment or Online Coaching programs, click the **Trophy Icon** in top right corner of page and go to **My Achievements**



WEBSITE PROGRAMS & DETAILS

The Wellness Assessment

Click on The Wellness Assessment button & then **Get Started**.

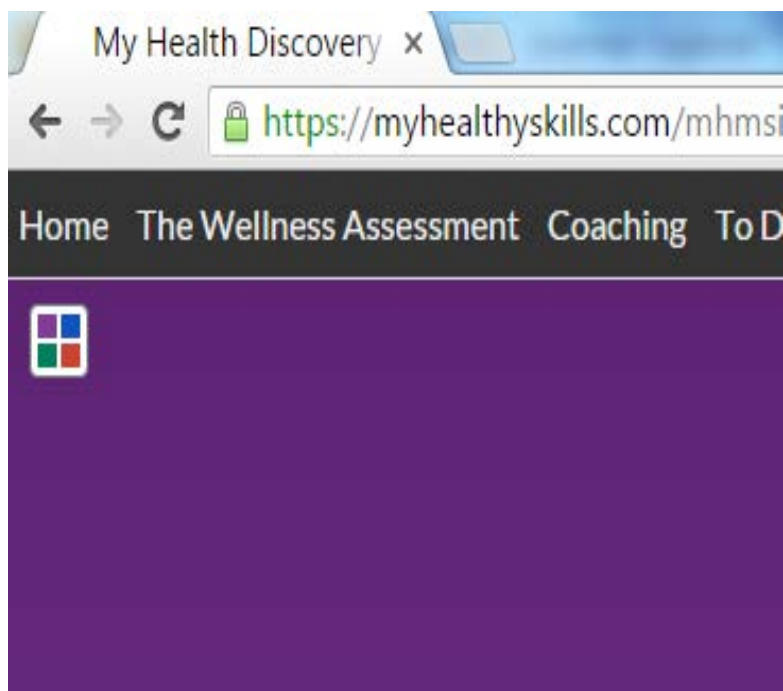


There are many aspects to health. That's why the Wellness Assessment is made up of four categories: **Bio, Body, Mind, and Lifestyle**. Each category has two levels, or brief groups of questions. Level 1 allows us to understand the basics. Then Level 2 gets into the details.

Tap on the answers that best fit you.

Then review your answers and results. You'll get personalized tips for a healthier lifestyle, including coaching program and items to add to your To Do List!

TIP – To move to different categories click the **4 color square** in top left corner of the Wellness Assessment page

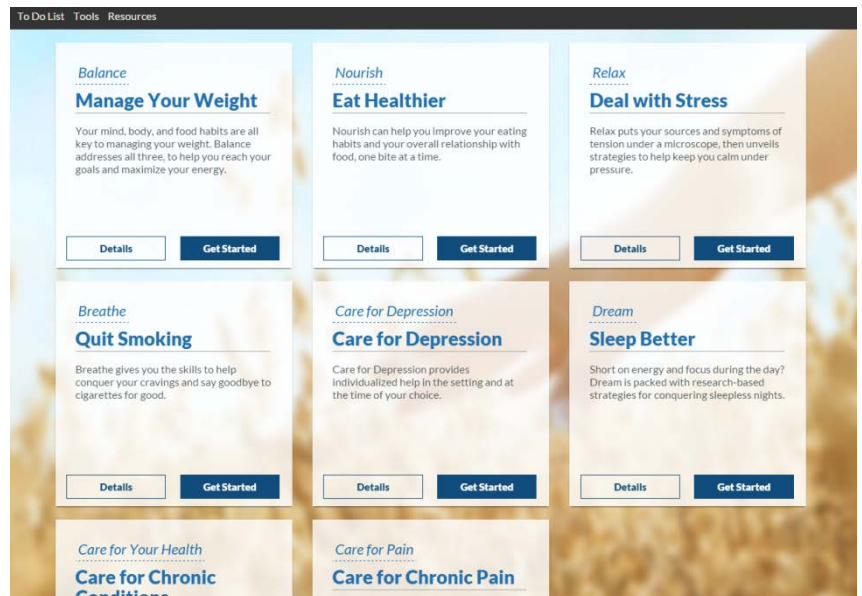


Digital Health Coaching & Online Tobacco Cessation Program

Click on the Go to Coaching button & then choose your focus area.

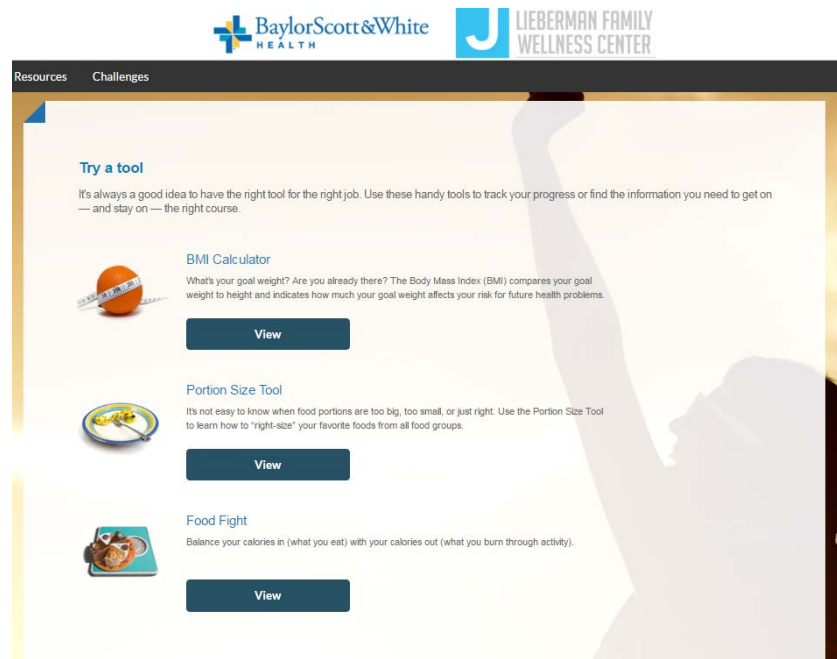
Click on Details for more information about the program & then click Get Started to begin.

TIP – Chose any program to begin. The program is self-paced, so you can start, pause, resume as needed!



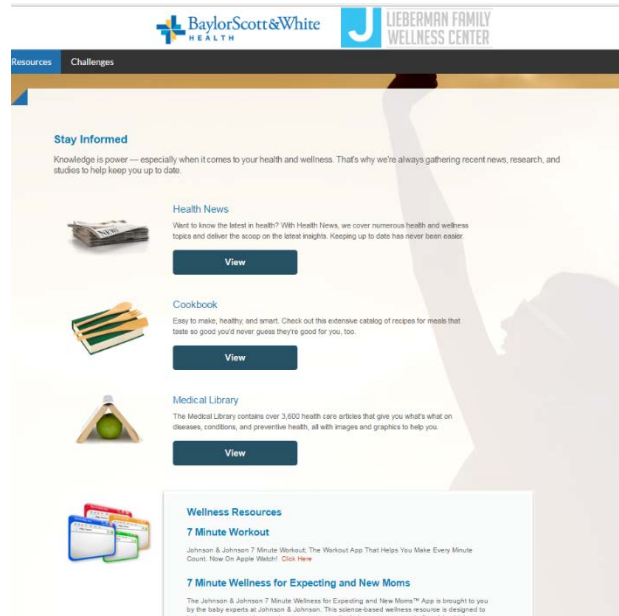
Tools Page – Online Health Calculators

Click on the Tools tab in top black navigation bar & then View to access the calculators.



Resources Page - Online Health Library

Click on Resources tab in top black navigation bar & then View to access the Health News, Library & online cookbook.



The screenshot shows the website's navigation bar with 'Resources' and 'Challenges' tabs. The main content area is titled 'Stay Informed' and features three resource categories: 'Health News' (with a 'View' button), 'Cookbook' (with a 'View' button), and 'Medical Library' (with a 'View' button). Below these is a 'Wellness Resources' section containing '7 Minute Workout' and '7 Minute Wellness for Expecting and New Moms'.

ADDITIONAL WELLNESS ACTIVITIES

Onsite Wellness Coaching provided by Baylor Scott & White Health Wellness Team

Weekly onsite sessions offered to all interested in making their health a priority. If you are ready to make a change, this is where to begin!



Session dates and time: Sign up at www.jccdallas.org/getwellthy

Be on the lookout for additional activities offered to all interested in **having fun** and focusing on their health!

