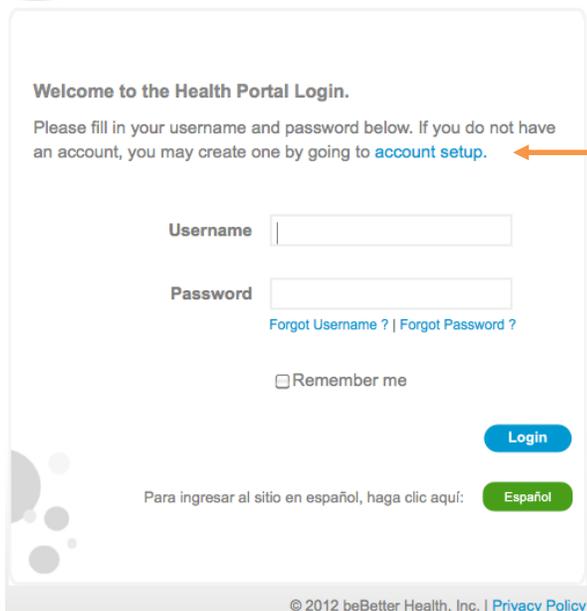


This guide will help you get started with the beBetter System to become engaged with your wellness activities!

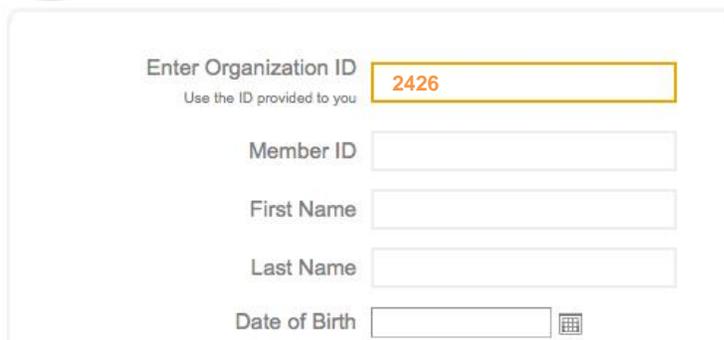
## Create Your Account

To begin, you need to create your account. Follow the instructions listed below:

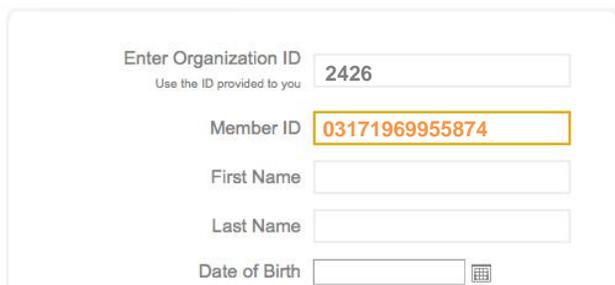
- 1** Go to [www.bebetterhealth.net](http://www.bebetterhealth.net). Click the “Account Setup” link.



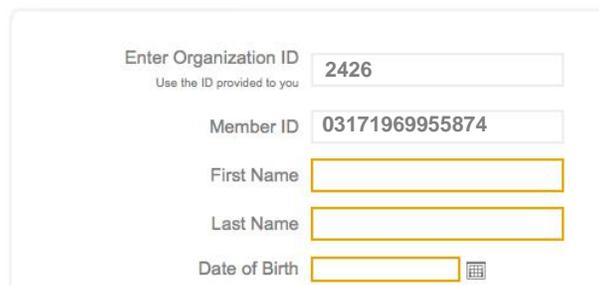
- 2** Your Organization ID is 2426.



- 3** Your Member ID is your full date of birth and last 6 digits of SSN (i.e. DOB 03/17/1969, SSN XXX-95-5874). Your Member ID is 03171969955874.



- 4** Enter your first name, last name, and date of birth.



**TIP:** Be sure use your name as it appears in your HR documents (e.g., Michael instead of Mike, hyphenation in last name, etc.)

**5**

**Create your own username and password. Password (must be at least 6 characters with 1 letter and 1 number).**

Choose Your Username

Choose Your Password

Must be at least 6 characters, including 1 letter and 1 number

Confirm Your Password

**6**

**Select a security question and enter your answer. Enter your email address. Please use an active email address you readily have access to.**

Choose Your Security Question

Answer

Email Address

Why we ask for this

Confirm Your Email Address

**TIP: A unique email address is required to create your account.** You cannot share an email address with another person creating an account. If you don't have an email address, you can create one through Google, Yahoo!, or another provider of your choice. To create a new personal email address for free, go to:

- gmail.google.com – Click the “Create An Account” button near the top right and follow the onscreen instructions, or
- www.yahoo.com – Click the “Sign Up” link near the top right and follow the onscreen instructions

**TIP: Please remember your security question answer and email address!** If you ever forget your username or password, don't worry. You can use the self-service functions “Forgot Username?” or “Forgot Password?” located on the login page to retrieve your username or reset your password. To do this, you must know the answer to your security question and your email address – so be sure you enter them carefully when you create your account!

For further assistance with login, please call **866-748-0957** or email [supportbbh@ebix.com](mailto:supportbbh@ebix.com) Monday through Friday from 9:30 am to 6:30 pm ET.

### Get Engaged!

Follow these easy steps to become engaged in your Wellness Program!

- Go to [www.bebetterhealth.net](http://www.bebetterhealth.net) and log in or create your account.
- Beginning January 1<sup>st</sup>, log in to participate in programs and challenges, as well as self-attest to completion of preventive exams, blood donation, local walks or runs to earn Wellness Points.
- Complete a **Health Screening** in 2017 to earn 100 Wellness Points.
- Log in to the wellness and click the “**Take Survey**” link to complete your Health Survey by April 30<sup>th</sup> for 100 Wellness Points.
- **Contact your Health Coach, Christine**, at 540-416-1412 or [wellnesschristine@cicv.org](mailto:wellnesschristine@cicv.org) to review your 2017 Health Screening results and set wellness goals.

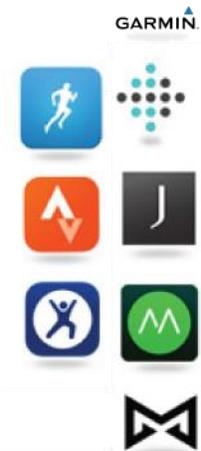
## Sync your fitness devices and apps with your wellness portal!

Fitbit, Jawbone, Garmin, RunKeeper, MapMyFitness, Moves, Misfit, and Strava

Your wellness website not only supports your Pebble physical activity tracking device, but also allows participants to use other popular devices and apps to collect physical activity data toward your wellness goals, programs, and challenges.

### What devices and apps are supported?

- Fitbit activity devices, apps, and website (includes Fitbit Charge, Flex, Force, Surge, One, Ultra, Zip)
- Jawbone activity devices, apps, and website (including Move, UP, UP3, UP24)
- Garmin Forerunner watches, Garmin Connect App, garminconnect.com
- Misfit Shine and Misfit Flash devices
- Runkeeper app and website
- MapMyFitness apps and websites (includes MapMyHike, MapMyRide, MapMyRun, MapMyWalk)
- Moves app
- Strava app



### What data can be synced?

The wellness portal will accept applicable physical activity data.

This may include: distance, duration (hours, minutes), intensity (moderate vs. vigorous), steps, calories, and type of activity, including muscle conditioning.

For the brands listed above, the portal supports all of the device models and apps that collect any of this physical activity data.

### How do I add or remove my device or app?

- You must have an existing account with one of the devices or apps listed above. (For example, all Fitbit users create an account and register their Fitbit on the Fitbit website).
- Log in to your wellness portal at [www.bebetterhealth.net](http://www.bebetterhealth.net)
- Go to the Devices page and select the desired device or app.
- You will receive a popup asking you to authorize the connection.
- After that, their device or app data will sync with beBetter automatically.
- The wellness portal does NOT have access to your device or app's password or account information.
- You can disconnect your device or app from the wellness portal at any time.



## Can I use my device or app to meet my wellness goals and participate in this portal's wellness programs and challenges?

Yes, provided the goals, programs, and challenges are related to physical activity. Also, make sure you know whether your device or app collects the type of data that is required for the goal or challenge.

For more information, see chart below.

To track toward a muscle conditioning wellness goal or challenge, log "weight training" or "strength training" on your app or website.

Be aware of the cutoff deadlines, and do not wait until the last minute to sync your device. Data sometimes takes an hour or more to be sent to this portal, and in some cases even longer. It is up to you to verify that the data is received on time. Once a goal or challenge has closed, if this portal has not received the data yet, it will not apply to a goal or challenge.

beBetter Health must receive the data before **6pm CT** on the last day of a program, challenge, or wellness goal period. For challenges that have weekly winners, beBetter must receive the data before 6pm CT on the last day of the week. For meeting weekly physical activity goals, beBetter must have the data before 11pm CT on the last day of the week.



MISFIT  
Shine



Fitbit



Jawbone

## The Devices page has additional FAQs.

For further assistance with login, please call 866-748-0957 or email [supportbbh@ebix.com](mailto:supportbbh@ebix.com) Monday through Friday from 9:30 am to 6:30 pm ET.