**Health Connected Checklist**

LOGO LOGO

EWSNetwork has launched a NEW Digital Health and Wellness Platform called, Health Connected. This checklist serves as a reference guide to help you navigate the program for you and your families!

Health Connected Guide – [www.ewsnetwork.com/hcguide](http://www.ewsnetwork.com/hcguide)

Questions? Email Heather Barrett, Program Director – hbarrett@ewsnetwork.com

* Create Your Profile
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Simply click register and follow the steps outlined
		- Your family members can also create profiles after you do!
* Complete the Health Risk Assessment (HRA)
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Click **LOG IN**
	+ Click **Health Risk Assessment** at the top of the page
	+ Answer questions
	+ Please bring a copy of your results to your next health coaching appointment
* Complete the Health Skills Profile
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Click **Digital Health Coach** at the top of the page
	+ Click take the **Health Skills Assessment**
	+ Answer the questions (will take 3-5 minutes to complete)
	+ Please bring a copy of your results to your next health coaching appointment
* Create Your Goals
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Click **Digital Health Coach** at the top of the page
	+ Click **My Goals**
	+ Select the goal(s) you would like to start working on
* Track Your Progress
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Click **Digital Health Coach** at the top of the page
	+ Click **My Goals**
	+ Click **My Trackers**
	+ Click Update
* Participate in a FUN Challenge
	+ [www.ewsnetwork.com/selectpath](http://www.ewsnetwork.com/selectpath)
	+ Click **Challenge** at the top of the page
	+ Create your challenge profile (you can use a photo or create an avatar)
	+ Set your daily challenge goals (nutrition, mood, exercise, sleep) by clicking **ADD GOAL**
	+ Click **TRACK and LOG** at the top of the page
	+ Synch your electronic device or manually track your daily progress.