**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](mailto: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.