**STEP 1 EMAIL – PROFILE SET UP**

Good Morning,

As you know EWSNetwork has now introduced the digital wellness platform **Health Connected** for the employees of \_\_\_\_\_\_\_ along with up to three of your dependants.

We ask that you take few minutes this week to create your profile. Please note that you must create your profile before your dependants can create theirs.

**CLICK HERE TO CREATE YOUR PROFILE** – [www.ewsnetwork.com/jmpeng](http://www.ewsnetwork.com/jmpeng)

* Simply click register and follow the steps outlined

Also available for your review is the Health Connected guide that outlines the three main areas of the digital platform.

**CLICK HERE TO ACCESS THE GUIDE** -[www.EWSNetwork.com/hcguide](http://www.EWSNetwork.com/hcguide)

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.

**Good Morning Ellis Don,**

**Today is the day!** Health Connected is launching today.

EWSNetwork has launched our digital wellness platform **Health Connected** for the employees of Ellis Don along with up to three of your dependants.

This week’s step is to launch your profile and create an account. Please note that you must create your profile before your dependants can create theirs.

[**CLICK HERE TO CREATE YOUR PROFILE**](http://www.ewsnetwork.com/ellisdon) and see other steps if you want to look further into the program.

[**www.ewsnetwork.com/ellisdon**](http://www.ewsnetwork.com/ellisdon)

(Simply click “create your account click here” follow the steps outlined)

Also available for your review is the Health Connected guide that outlines the three main areas of the digital platform. [**CLICK HERE TO ACCESS THE GUIDE**](http://www.ewsnetwork.com/hcguide) -[www.EWSNetwork.com/hcguide](http://www.EWSNetwork.com/hcguide)

If you have any questions connect with Garth Jansen at garth@ewsnetwork.com.

Have a healthy day,

Sandra

**STEP 2 – COMPLETE THE HRA**

Good Morning,

Now that you have all created your profiles we ask that you take the time to complete the Health Risk Assessment (HRA). This campaign will be open until \_\_\_\_\_\_\_\_\_\_\_\_.

If you **have not yet created** your profile **CLICK HERE** - [www.ewsnetwork.com/jmpeng](http://www.ewsnetwork.com/jmpeng)

* click register and then follow the steps outlined

**TO COMPLETE THE HRA CLICK HERE** - [www.ewsnetwork.com/hclogin](http://www.ewsnetwork.com/hclogin)

* Click LOG IN
* Click Health Risk Assessment at the top of the page
* Answer questions
* Bring copy of your results to your next health coaching appointment

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.

**STEP 3 – COMPLETE YOUR HEALTH SKILLS PROFILE**

Good Morning,

Now that you have created your Health Connected profiles and completed the HRA you can complete your personal health risk profile.

If you **have not yet** created your profile or completed the HRA

**CLICK HERE** - [www.ewsnetwork.com/jmpeng](http://www.ewsnetwork.com/jmpeng)

* **Click register** and follow steps for **profile creation**
* **Click Log In** then Health Risk Assessment **to complete the HRA**

**To complete your personal health skills profile**

**CLICK HERE -** [www.ewsnetwork.com/hclogin](http://www.ewsnetwork.com/hclogin)

* Click LOGIN
* 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)
* Bring copy to your next onsite wellness consultation

How to video - <https://www.youtube.com/watch?v=4E-hli_7tv4> (which video is this and if hra use [www.ewsnetwork.com/hchra](http://www.ewsnetwork.com/hchra)

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.

**STEP 4 – CREATE YOUR GOALS**

Good Morning,

Now that you have created your profile, completed the HRA and the Health Skills Profile you are ready to set your own personal wellness goals.

To set your goals CLICK HERE [www.ewsnetwork.com/hclogin](http://www.ewsnetwork.com/hclogin)

* LOGIN
* Click Digital Health Coach at the top of the page
* Click My Goals
* Select the goal(s) you would like to start working on

How to video - <https://www.youtube.com/watch?v=fUz4fzLkxUU> (which video is this and if digital coach use [www.ewsnetwork.com/hcdigitalcoach](http://www.ewsnetwork.com/hcdigitalcoach)

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.

**STEP 5 – TRACKING YOUR PROGRESS**

Good Morning,

Now that you have set your wellness goals, Health Connected allows you to track your progress by either syncing your electronic device OR manually entering your information.

To track your progress CLICK HERE – [www.ewsnetwork.com/](http://www.ewsnetwork.com/jmpeng)hclogin

* LOGIN
* Click **Digital Health Coach** at the top of the page
* Click **My Goals**
* Click **My Trackers**
* Click **Update**

How to video - <https://www.youtube.com/watch?v=q4qAaEiHz9Q> (what is this step?)

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.

**STEP 6 – PARTICIPATE IN A CHALLENGE**

Good Morning,

Boost your health one small, fun action at a time with the Challenge feature of Health Connected. The challenges not only keep you on track with your wellness goals but they also introduce a bit of fun, friendly competition to your pursuit of healthy habits.

To participate in a challenge **CLICK HERE** - [www.ewsnetwork.com/hclogin](http://www.ewsnetwork.com/hclogin)

* 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
* Connect your electronic device or manually track your daily items

How to guide for challenges - <https://ihealthconnected.com/Index.html?lang=0#/howToUse> ([www.ewsnetwork.com/hcchallenges](http://www.ewsnetwork.com/hcchallenges)

If you have any questions connect with Heather Barrett at hbarrett@ewsnetwork.com OR your onsite health coach.