



**Health Connected**

**HRA**



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!

### Things to Remember

- Your account can only be accessed by YOU
- Your HRA results are 100% confidential
- You have access to the site until March 31, 2017

**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 Account

- [www.ewsnetwork.com/burlingtonhydro](http://www.ewsnetwork.com/burlingtonhydro)
- Simply click register and follow the steps outlined
- You will receive an email from Health Connected to verify the email account you provided.
- Verifying your email account must be done before you can continue
- Your family members can also create profiles after you do (up to 3)

**Your Login Site (AFTER account is created)** - [www.ewsnetwork.com/hclogin](http://www.ewsnetwork.com/hclogin)

### Complete the Health Risk Assessment (HRA) - [www.ewsnetwork.com/hchra](http://www.ewsnetwork.com/hchra)

- Go to Login Site and 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



## OTHER Health Connected Features!

- Complete the Health Skills Profile - [www.ewsnetwork.com/hcdigitalcoach](http://www.ewsnetwork.com/hcdigitalcoach)**
  - Go to Login Site and Click **LOG IN**
  - 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/hcdigitalcoach](http://www.ewsnetwork.com/hcdigitalcoach)**
  - Go to Login Site and Click **LOG IN**
  - 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/hcdigitalcoach](http://www.ewsnetwork.com/hcdigitalcoach)**
  - Go to Login Site and Click **LOG IN**
  - 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/hcchallenges](http://www.ewsnetwork.com/hcchallenges)**
  - Go to Login Site and Click **LOG IN**
  - 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
  - Sync your electronic device or manually track your daily progress.