



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

Health Connected Guide – www.ewsnetwork.com/hcguide

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



Create Your Account

- www.ewsnetwork.com/jmpeng
- 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



Complete the Health Risk Assessment (HRA) - 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



Health Connected



[OTHER Health Connected Features!](#)

Complete the Health Skills Profile - 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

- 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

- 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

- 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.