



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

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



Create Your Account

- www.ewsnetwork.com/londonhydro
- 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



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.