


As you log into the Wellness website, the Home page is your personal “Dashboard”

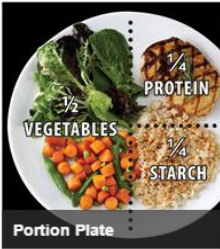
## YOUR HEALTH IS IN YOUR HANDS – WHAT WILL YOU DO WITH IT?



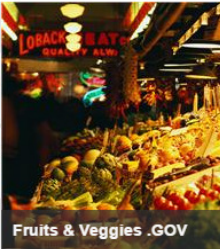
# REWARDS

[Dashboard](#) | [Logout](#)


[Health](#) | [Wellness](#) | [Nutrition](#) | [Exercise](#) | [Community](#) | [Incentives](#) | [Reference](#)




Portion Plate



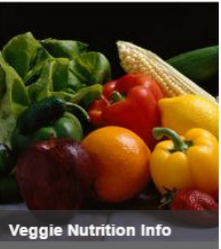
Fruits & Veggies .GOV



Portions - Nutrition

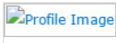


Fruit Nutrition Info



Veggie Nutrition Info

### Profile Image






[Change](#)

### Health Profile

Enter Your Current Wellness Goal...

BMI:	28.1
Weight:	185 lbs
Weight Change:	None
Goal:	Over by 30 lbs
Target Calories:	1806
Steps Goal:	Not Set
Incentive Points:	0
Wellness Score:	N/A
New Messages:	0

### My Status



[Set up your health profile here!](#)


### Rewards Tracker

Total Points Earned: **0**

[Details](#)

0 20 40 60 80 100 120 140 160 180 200


### Image Rotator



### Start Here

- 1 Know Your Health Status**  
Take the Health Assessment
- 2 Take a Workshop**  
Choose the right one for you
- 3 Track Your Progress**  
See how you're doing

### Fruit & Veggie Tracker






### Daily Tip

A high-fiber diet may help lower your risk of colon cancer. Fiber speeds the movement of food through your system and reduces the amount of time your colon is exposed to cancer-promoting substances formed during digestion.

*Resource: Mayo Clinic*

### Water Tracker

Today: **0** Cups


### 1 Take Health Assessment

### 2 Nutrition Tools

### 3 Exercise Tools

### 4 Health Tools

### 5 Wellness Workshops



## HealthyNow App

- Personalize your **Home Page** by uploading your own “Profile” image
- Start Here #1 - Complete Health Assessment
- Begin Earning Points!

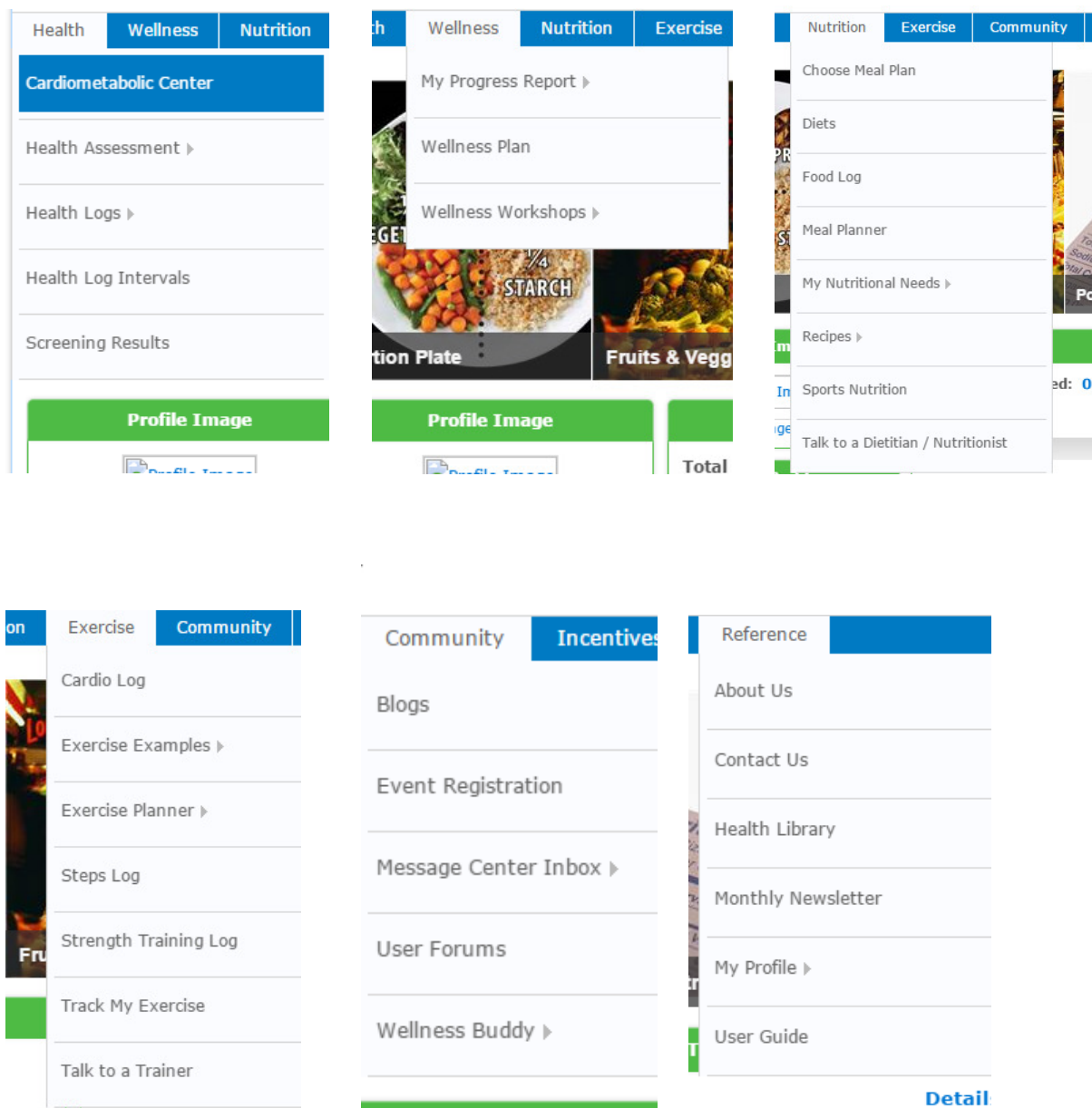
Across the Blue Menu Bar on the Home page, are seven options. They are “Health”, “Wellness”, Nutrition, Exercise, Incentives, and Reference.

These screen shots show you the secondary options within those dropdown lists.

For instance, to get to the Wellness Workshops, you would select “Wellness”, then “Wellness Workshops”; to look for recipes, select “Nutrition”, and then Recipes.

There is a Monthly News Letter available to you under “Reference”, then “Monthly Newsletter”.

There are many resources throughout this website. Please explore and take advantage of everything here – it is all for you.



## Meal Planner

Add Food
Meal Plan

To reach your goal weight of **155 pounds** by losing 1 pound a week, we recommend you consume **1681-1931 calories a day**. Choose from among the Diabetic, Gluten Free, Heart Healthy, Low Carb High Protein, Low Lactose, Metabolic Syndrome, No Restrictions, Vegan and Vegetarian meal plans for the plan that best fits your dietary needs. Note: first you will need to choose a meal plan before you can set up your daily menu.

### Choose Your Meal Plan

Calorie range:
1600 - 1800

Food plan:
1600-1800 Diabetic
1600-1800 Diabetic
1600-1800 Gluten Free
1600-1800 Heart Healthy
1600-1800 Low Carb, High Protein
1600-1800 Low Lactose
1600-1800 Metabolic Syndrome
1600-1800 No Restrictions
1600-1800 Vegan
1600-1800 Vegetarian
Copy of 1600-1800 No Restrictions

**Diabetic**  
This plan limits refined sugars with the aim of maintaining normal blood sugar levels.

**Next Step**  
Customize your meal plan.

Go to Meal Planner Log Food Remove Plan

There are many “Meal Plans” to choose from according to your dietary needs

Are you dealing with diabetes, do you have a gluten intolerance; want a heart healthy diet? They’re all here to choose from and in doing so, will suggest meals correlating with the meal planner selected.

## Food

 [Print](#)  [Help](#)

### Entry

Date: ◀ Today 03/26/2015 ▶

**Search**

**Food List**

**Food Group**

☕ Coffee, brewed, regular - 8 ounce(s)(2 cals, 1 serving)

🍇 Grapes red or green, Muscadines - 15 whole(s)(60 cals, 1 serving)

🥛 Milk, nonfat (fat free or skim) - 1 cup(s)(86 cals, 1.67 servings)

🌰 Nuts, pecans or walnuts - 20 halves(201 cals, 0.43 servings)

### Today's Goals

**Calories**

Calories	Carbs	Protein	Fat
0	0	0	0
<b>Consumed</b>			
1806	226	90	60
<b>Recommended</b>			
1806	226	90	60
<b>Remaining</b>			

[Nutritional Summary](#) | [Meal Planner](#)

### Today's Servings

0 ☕ Beverage	0 🥩 Protein
0 🥛 Dairy	0 🍬 Sweets
0 🌿 Fats / Oils	0 🥬 Vegetables
0 🍎 Fruit	0 🧂 Condiments
0 🌾 Grains	0 🛒 Other

### Recommended Reading

No articles currently available

Amount	Food	Calories	Carbs	Protein	Fat	Servings
No food logged yet.						

Log your food – Earn points

Remember, logging your food you can earn 15 points each 3 months for a total of 60 points in the Plan year.

Another feature in the “Nutrition” dropdown is opportunity to “Talk to a Dietitian/Nutritionist” to get a little guidance or clarification of a question. This is an email dialogue where you will receive a response to your question within 48 hours.

## Healthy Exercise For Life

### Track Exercise – Earn Points

Health	Wellness	Nutrition	<b>Exercise</b>	Community	Incentives	Reference	
Cardio Log	Exercise Examples	Exercise Planner	<b>Steps Log</b>	Strength Training Log	Track My Exercise	Talk to a Trainer	

### Steps

This tool will show you the overall picture of how active you are. This can be a great motivating tool, helping you to increase your activity, track your progress and reach your goals. A pedometer can show you that even small steps can move you toward better health. Calories listed in *italics* are for display only, and are not included in totals.

**Steps for Date:** ◀ Today 03/26/2015 ▶

Total Steps	0	Stride	2.5	feet	<a href="#">i</a>
Distance (miles)	0	Steps			
Calories Burned	0	Hour	6:00 PM		
Step Goal	Not Set	Calories		<input type="checkbox"/> Override Calories	

\* calories calculated based on walking 3.0 MPH

[Add Steps](#)

Today's Steps    Week's Steps    Month's Steps    All Steps

0 20 40 60 80 100

00000  
Your Steps

Tracking your steps is one way you can earn your “Exercise” points. You can also choose another exercise plan. For ideas, visit the “Exercise Planner” link.

[Health](#)[Wellness](#)[Nutrition](#)[Exercise](#)[Community](#)[Incentives](#)[Reference](#)[Cardio Log](#)[Exercise Examples](#)[Exercise Planner](#)[Steps Log](#)[Strength Training Log](#)[Track My Exercise](#)[Talk to a Trainer](#)[Record / List Exercises](#)[Update Weight / Weight Graph](#)

## Track Exercise

This report shows you the approximate amount of calories you have burned, during the given time period for the exercise you have selected based on your last entered weight. Use this report to assess your fitness. Recording your efforts helps you work toward your goals and can remind you that you're making progress.


Last exercise entered: None

Total calories burned: 0.0

Date	Activity	Amount
No exercises recorded		

 exercise amount

 calories burned

 How to use this tool  
[Add exercise log](#)  
[Track your weight](#)

### Log your exercise – Earn points

Remember, logging your exercise you can earn 15 points each 3 months for a total of 60 points in the Plan year.

Notice the dialogue box with the question mark in yellow? There is “how to” information there as well as a link to “add exercise” and “track weight”.


Another feature in the “Exercise” dropdown is opportunity to “Talk to a Trainer”. This is an email dialogue where you will receive a response to your question within 48 hours.

## Screening Results Demonstrate Health Condition Risks

Health	Wellness	Nutrition	Exercise	Community	Incentives	Reference	
Cardiometabolic Center	Health Assessment	Health Logs	Health Log Intervals	Screening Results			

Source:  

[Print](#) | [Help](#)

Test / Biometric	Result	Risk Level	Date	Source
<b>BMI</b>	 28.1	Moderate	3/26/2015	Self Entered
Blood Glucose	--	--	--	--
Blood Pressure	--	--	--	--
Body Fat %	--	--	--	--
Bone Density	--	--	--	--
Cholesterol		--		
Total Cholesterol	--		--	--
HDL	--		--	--
LDL	--		--	--
Triglycerides	--		--	--
Cholesterol Ratio	--		--	--
C-Reactive Protein	--	--	--	--
Hemoglobin A1c	--	--	--	--
Lung Function	--	--	--	--
Nicotine / Cotinine	--	--	--	--
Prostate Specific Antigen	--	--	--	--
Waist Circumference	--	--	--	--
Waist-Hip Ratio	--	--	--	--

### Health Condition Risks

Lifestyle factors and health history can contribute to increased risk for the following health conditions. Click on each to view your risk and for further information.

Condition	Risk Level
<b>Asthma</b>	<b>Low</b>
<a href="#">Cardiac</a>	--
COPD	--
Depression	--
<a href="#">Diabetes</a>	--
Stroke	--

## Complete a Wellness Workshop – Earn Points

The screenshot shows the REWARDS website interface. At the top, there's a logo with a heart and the word "REWARDS". Navigation links include "Health", "Wellness", "Nutrition", "Exercise", "Community", "Incentives", and "Reference". Below these are "My Progress Report", "Wellness Plan", and "Wellness Workshops". The "Wellness Workshops" section is active, showing "My To Do List", "My Progress", and "Manage Workshops". The "Manage Workshops" page has two main columns: "Active" and "Add". The "Active" column shows "No workshops currently active." The "Add" column shows a list of workshops: "All Workshops", "Diabetes Prevention Workshop", "Drug Abuse Education and Self Management", "Exercise Workshop - Main", and "Financial Wellness". The "Diabetes Prevention Workshop" is selected, showing details: "Objective: To understand and learn how to prevent diabetes", "Description: This is a six week workshop designed to educate you about diabetes, and to provide useful tools to help you reduce your risks of developing diabetes.", "Concurrent: No - cannot be taken with other workshops", and "Duration: 6 weeks". At the bottom right of the details are "Signup" and "Add to Queue" buttons.

**REWARDS**

Health Wellness Nutrition Exercise Community Incentives Reference

My Progress Report Wellness Plan **Wellness Workshops**

My To Do List My Progress **Manage Workshops**

### Manage Workshops

Active	Add
No workshops currently active.	All Workshops
	Diabetes Prevention Workshop
	Drug Abuse Education and Self Management
	Exercise Workshop - Main
	Financial Wellness
	<b>Objective:</b> To understand and learn how to prevent diabetes
	<b>Description:</b> This is a six week workshop designed to educate you about diabetes, and to provide useful tools to help you reduce your risks of developing diabetes.
	<b>Concurrent:</b> No - cannot be taken with other workshops
	<b>Duration:</b> 6 weeks
	<a href="#">Signup</a> <a href="#">Add to Queue</a>


Wellness Workshops – Wellness/Wellness Workshops/Manage My Workshops.


There are many workshops to choose from. This screen shot shows the summary content of a workshop on “Diabetes Prevention”, its objective, a brief description and whether or not you can be taking another workshop concurrently with this particular workshop.

Remember, completing a workshop earns you 10 points. You can complete up to three workshops for a total of 30 points in the Plan year.



## Cardiometabolic Center

 REWARDS


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[Health](#) | [Wellness](#) | [Nutrition](#) | [Exercise](#) | [Community](#) | [Incentives](#) | [Reference](#)


[Cardiometabolic Center](#) | [Health Assessment](#) | [Health Logs](#) | [Health Log Intervals](#) | [Screening Results](#)


### Cardiometabolic Center


**Action Items**


 Verify height





 Verify weight





 Blood sugar/glucose check





 Blood pressure check



 Cholesterol Check



 Do you smoke (answer in HA Tobacco Section, save and...



**Report**


**Cardiometabolic Syndrome Risk**

**At Risk**

You are at risk for the cardiometabolic syndrome.

The following risk factors that put you at risk include:


- An elevated BMI**

Biometric	Value	Entry Date
 BMI	28.1	2/26/2015
Total Cholesterol	N/A	
HDL	N/A	
LDL	N/A	N/A
Triglycerides	N/A	
Ratio	N/A	


From The Menu Drop Downs: Health/Cardiometabolic Center

This is a summary screen with a check list of “Action Items” central to tracking your “heart health”. Based on your current health statistics, you will receive a warning of “AT RISK” and a reporting of what risk factors have put you in this risk state.

## Mobile Application




# REWARDS

 | [Dashboard](#) | [Logout](#)


Health | Wellness | Nutrition | Exercise | Community | Incentives | Reference

### Mobile Application

 [Print](#)


#### HealthyNow


Your HSB Wellness portal is designed to be compatible with the HealthyNow application that you can download for your iOS device (iPhone or iPad) or your Android device (phone or tablet).





#### Highlights


Here are some of the features you can utilize with HealthyNow.


  
Challenges


  
Food


  
Exercise

  
Steps

  
Weight

  
Incentives

  
Medications

  
Events

#### Login Information


\* Required

Let's get started by collecting your Cell Phone Number and PIN for authentication purposes when you access the app.

\* Phone #

\* Set PIN

\* Confirm PIN

Reminders ☐ Yes ☒ No 

Save

Yes, “there’s an app for that”. Download the mobile application to take advantage of the “HealthyNow” application that can be downloaded to your iOS device (iPhone or iPad) or your Android device (phone or tablet).