



# LivingHealthy

POWERED BY **WebMD** health services

is all about self-care!

**At this time in life, self-care is more important than ever!** WellFirst Health can help you take better care of your health so you can stay active and independent.

You can set your own goals and track activities on your computer to earn points for gift cards through the **Living Healthy portal by WebMD**, a trusted health partner.

## Living Healthy Means Self-care

Taking care of yourself can sometimes be placed on the back burner when life keeps you busy. WellFirst Health cares about your health and well-being, focusing on the whole person across **eight dimensions of wellness** making healthy living achievable and fun. We encourage you to take a few moments each day to nurture yourself! Living Healthy provides you with the right tools and information to achieve a healthier lifestyle.



### Self-awareness

- Health Assessment — Based on your individual questionnaire results, WebMD provides recommendations for each lifestyle category
- A variety of interactive self-management tools, quizzes and more are customized to your needs.

### Self-confidence

- Daily Habits goal setting can help you achieve and maintain your health

### Self-motivation

- Daily health improvements can lead to big health benefits
- Complete fun trackers and activities to earn rewards while living healthy

Log in to the **Living Healthy portal** today to start the journey to better health!

[wellfirsthealth.com/login](https://wellfirsthealth.com/login)



**Earn up to \$150 in rewards!**

See back for details

# Living Healthy Rewards

Your rewards. Your choice.



## Earn up to \$150 in rewards!

WellFirst Health will reward you up to **\$150** for your healthy lifestyle. It's one of the many reasons Living Healthy has its rewards!



### Here's how it works:

Choose the healthy activities you want to complete

Points  
500

Each completed activity is worth reward points (example: 500 points = \$50)



Earn up to 1,500 points for a maximum of \$150 per calendar year (**before December 31**)



Rewards come in the form of gift card(s) of your choice to many national retailers, restaurants and other popular merchants

To learn more about Living Healthy Rewards and how to redeem reward points through your Living Healthy portal.

Visit [wellfirsthealth.com/livinghealthy](https://wellfirsthealth.com/livinghealthy)

Kickoff Activity	Points
<b>Online Health Assessment</b> You must complete this activity before you can redeem your reward	<b>500</b>
Screening/Exam Activities	
Annual preventive office visit	200
Virtual Visit	75
Annual dental visit	75
Annual flu vaccine	75
Immunizations	50
Where to go for care	50
Well-Being Activities	
Complete Mental Health Assessment	75
R.E.A.L. Goal	75
Read a Book	75
8 Dimensions Intro Video	50
Watch Webinar Series Video	50
Watch Harvard Happiness Study - Ted Talk	50
Tobacco-free User	50
Explore State & County Parks	50
Submit Advance Directive forms to your physician	25
Volunteer your time	25
Foodsmart Activities	
NutriQuiz	100
Meal Planner	50
ReTake NutriQuiz	100
Living Healthy Portal Activities	
<b>Various Challenges</b> Participate in a variety of monthly challenges to earn points.	<b>15-175</b>
Daily Habits	100-400
Sync device	25
Health topic self-assessment	20-240
Health Tracker	2-360 per tracker

**All rewards MUST be redeemed before December 31, 2021.**

# How to log into Living Healthy

- 1 Visit [wellfirsthealth.com/login](https://wellfirsthealth.com/login) and click on the WellFirst Health Living Healthy Log in.
- 2 Below the login fields, click **“Create Account”** if this is your first time logging into the Living Healthy portal.
- 3 Enter your **“Registration ID”** in the Authentication and Security Information section:

### 1 Authentication and Security Information

\* **Registration ID:**  
(Member Number, Gender (M or F), & the last 4 digits of your SSN)

Your “Registration ID” is your member number found on your member ID card, plus your gender and the last 4 digits of your Social Security Number. Please use your complete member ID including any leading zeros and use M or F for gender. Do not include spaces. You only need to enter this information once.

## Your Member ID Card

**WellFirst Health**  
provided by SSM Health Plan

Customer Care Center: 1-877-301-3326 (TTY: 711)

**DELTA DENTAL**

H8019-00X  
HMO/POS  
**Member Name:**  
**Member Number:** A1100000000  
**Issuer:**  
**Product:** PBP Name  
**Group Number:**  
**PCP:** PCP NAME

**RxBIN:** 610602  
**RxPCN:** NVTD  
**RxGrp:** DHID

**MedicareRx**  
Prescription Drug Coverage

Copays\*: **PCP:** \$XX **Specialist:** \$XX

\*Please refer to your plan materials for your additional financial responsibility including, but not limited to, deductible, coinsurance, and other out-of-pocket costs.

[wellfirsthealth.com/medicare](https://wellfirsthealth.com/medicare)

## Your Registration ID

- **Member Number**
  - + “M” for Male, or “F” for Female
  - + **Last 4 digits of Social Security Number**
- 
- = A11000000000F1234

## 4 Create your user name and password:

\* **Username:**  
(6 or more letters or numbers; special characters allowed; no spaces)

\* **Password:**

Password Strength

**ON**  Hide Password [Requirements](#)

\* **Retype Password:**

## How to log into Living Healthy (cont.)

### 5 Enter your birth date and email address:

\* Birthdate (mm/dd/yyyy):

\* Email Address:  
Enter the personal email address where you would like to receive your Health Manager mail. (If you do not have a personal email account, free email accounts are available. Well-regarded email providers include: [Gmail](#), or [Yahoo!](#), or [Outlook](#).)

\* Verify Email Address:  
(Please confirm your email address.)

### 6 Accept the Terms and Conditions in the Agreement section, then select Go:

**2 Agreement**

\* I have read and agree with WebMD's [Terms and Conditions](#) and [Privacy Policy](#).

For more information about what you should expect from us as we strive to deliver health and wellness solutions, review [Your Rights](#).

**Go**

### 7 You can select topics of interest or opt in to receive e-newsletters from WebMD. You can change your settings at any time in the Living Healthy portal.

If you have questions or issues creating an account, please contact WebMD Customer Service at 1-855-829-4180.

If you need alternative options for participation in this rewards incentive program, please contact WellFirst Health Member Services directly at 1-877-301-3326 (TTY: 711).

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