

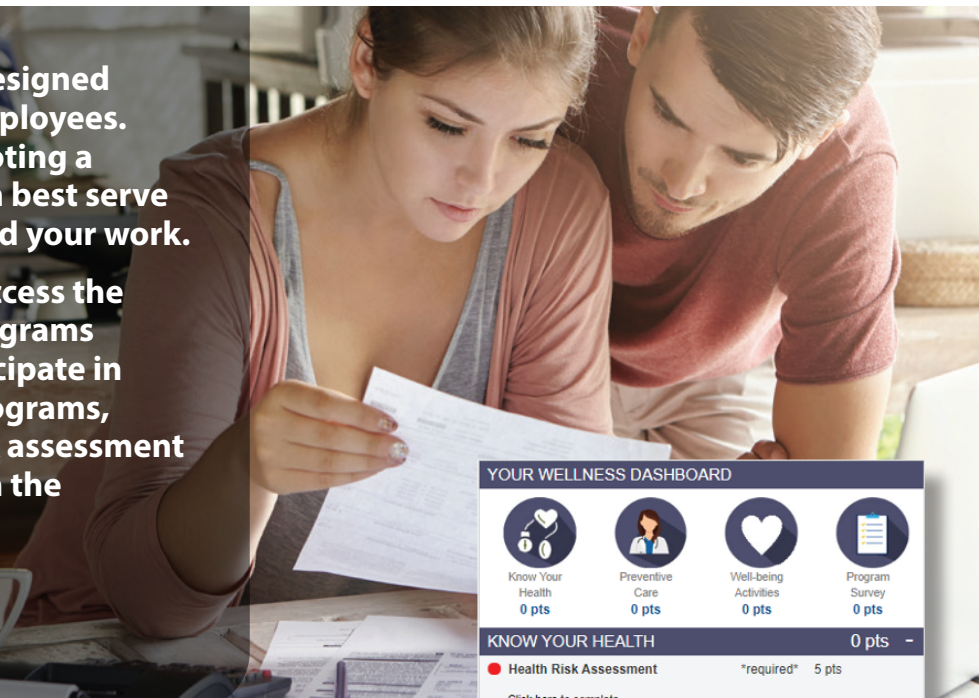


Welcome to Wellness



Our wellness program is designed specifically for you, the employees. We are dedicated to promoting a healthy lifestyle so you can best serve yourselves, your family, and your work.

In your account, you can access the dashboard for viewing programs and key health tools! Participate in our wellness education programs, challenges, and health risk assessment to help steer your health in the right direction!



YOUR WELLNESS DASHBOARD	
	Know Your Health 0 pts
	Preventive Care 0 pts
	Well-being Activities 0 pts
	Program Survey 0 pts
KNOW YOUR HEALTH 0 pts -	
● Health Risk Assessment	*required* 5 pts Click here to complete.
● Biometric Screening	5 pts Click here for your numbers.
PREVENTIVE CARE 0 pts -	
● Preventive Exam/Screening	3 pts each Click here to enter information.
● HealthReach Coaching Program	5 pts each Click here for information. Call 800 582.1535 for more information.
WELL-BEING ACTIVITIES 0 pts -	
● My Activity Tracker	5 pts each Click here to join a challenge.
● Activity Challenge	5 pts Click here to join a challenge.
● Path Program (Nutrition Challenge)	5 pts Click here to join a challenge.
● Webinars	1 pts each Click here to complete.
PROGRAM SURVEY 0 pts -	
● Program Survey	1 pts Click here to complete.

Online access!

The HealthReach online wellness platform delivers everyday solutions through the Mediterranean approach. You won't be counting calories but making lifestyle changes that will last well beyond the latest fad diet! We are here to support you every step of the way of this journey through messaging, wellness education programs, challenges, and so much more!

Good health has its rewards!

Points needed to earn your incentive: 25 (Minimum of 5 points each quarter and a biometric screening is required either at our sponsored screening event later in 2022 or through your physician)

How do I log in?

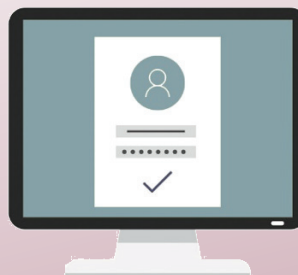
It could not be easier to access your secure on-line account! Just log in at: www.healthreachwellness.com

Click on, "New User? Register Here."

Enter your first name, last name, birthday, and company code.

Company Code: JCESC

Create your username and password. Enter your email, phone number, and verify your information.



Contact/Hours:

Wellness Portal Support

Monday-Friday

Hours: 9:00 AM - 5:00 PM EST

Call: 1-800-977-6337

Email: admin@mymedwellness.com