

Log In to Your Wellness Site!



The Lutheran Health Network Wellness Program offers you the information you need to live a healthier life by providing articles, a library of health related information, health calculators, a monthly newsletter, daily tips and more. The program allows you to create and manage activities, create personal goals, monitor your progress toward your goals and keep track of important health numbers, such as blood pressure, cholesterol, weight and more. New features are added daily, so log in soon to see how the wellness program can work for you!

Login Instructions – www.lhnwellness.com

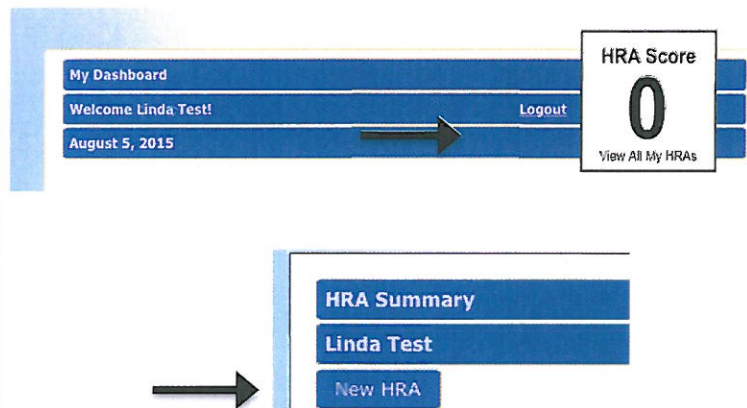
Click **First time user? Register now.**

Fill in **First Name, Last Name, Date of Birth, and Gender** then click **Continue.**

You will receive a user name and password. Continue to log in and **change your password** under

- *My Account*
- *Settings*
- *Change Password*

The Health Risk Assessment is the best way to measure your current health risks and begin to plan for a healthier you! Once you have logged in to the system, you will see on your Dashboard a square titled “HRA Score.” (For first time users, this score will show 0.) Click on the score. Then click on the New HRA button on the left hand side, located under your name.



Your Dashboard provides you with access to many wellness tools! Read the monthly newsletter, track activities, check out the Daily Tip, or manage your Health Records. You can set Goals, watch fitness videos, and download healthy recipes. All of this and more can be found on your Dashboard.

Check out the Tutorials under My Resources for more information.

