Follow these steps to register for your Well-Being Connect account, complete your Gallup-Healthways Well-Being 5™ survey and create your Well-Being Plan.

1. Visit www.wellpower.smu.edu click Sign Up in the bottom right corner.

2. Enter your first and last name, date of birth, ZIP code and gender, and then click Next.

3. Enter and confirm your preferred email address, username and password. Then click I Agree to the Terms & Conditions and Next.

4. Now that your account is set up, enter your username and password, and then click Sign In.

5. Click SEE HOW YOU’RE DOING to begin the Well-Being 5 survey.

6. Begin taking the survey. Once you have completed the questions on each page, click the arrow at the bottom right corner. When you have reached the last question, click FINISH.
Stay active on Well-Being Connect.
www.wellpower.smu.edu

These convenient resources can help you to make everyday choices count for your well-being.

- Your personalized Well-Being Plan, which gives you simple actions to take and trackers to use for your Focus Areas (fitness, nutrition, stress management and more)
- Access to health professionals who can answer questions and provide support online
- A Rewards Center where you can see and redeem your incentive points
- Recipes, meal plans, articles, a journal and much more
- Well-Being Connect Mobile app currently available for iPhone®, iPad, iPod® Touch and Android™

SMU Wellpower is completely confidential—SMU never sees any individual participation. How much you participate is up to you, but why miss out? It’s yours at no additional cost.