

Navigate WELL-BEING CONNECT® WITH EASE

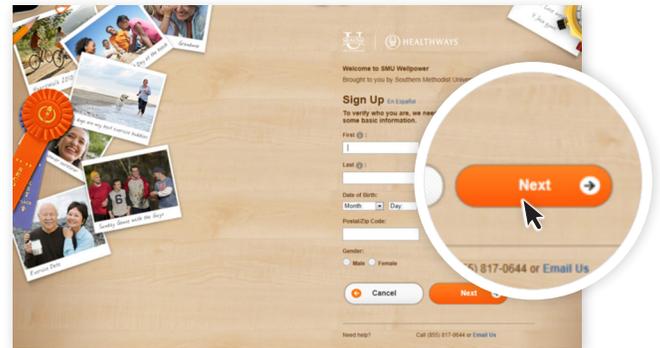
AND DISCOVER POWERFUL TOOLS AND SUPPORT ONLINE.



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.



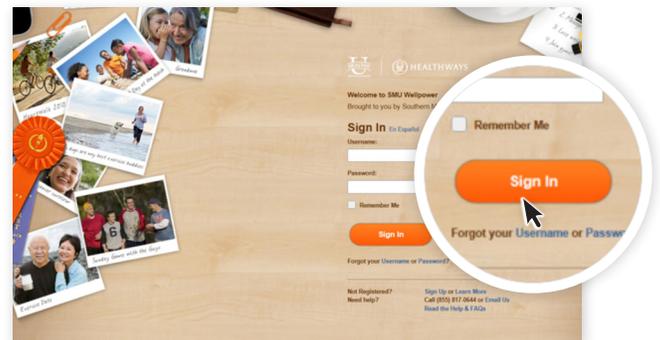
1 Visit www.wellpower.smu.edu click **Sign Up** in the bottom right corner.



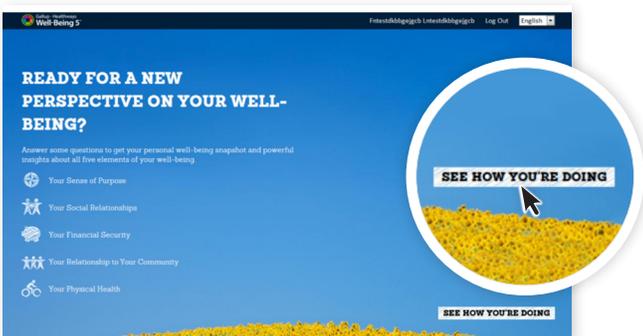
2 Enter your first and last name, date of birth, ZIP code and gender, and then click **Next**.



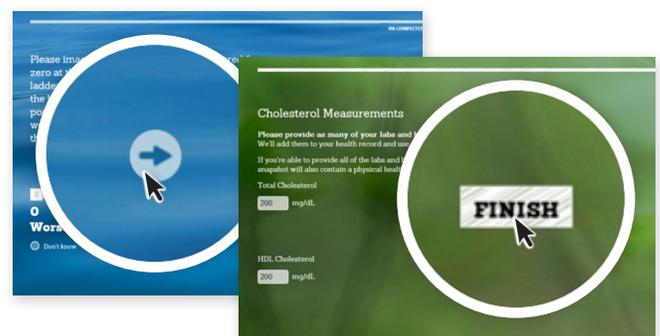
3 Enter and confirm your preferred email address, username and password. Then click **I Agree to the Terms & Conditions** and **Next**.



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



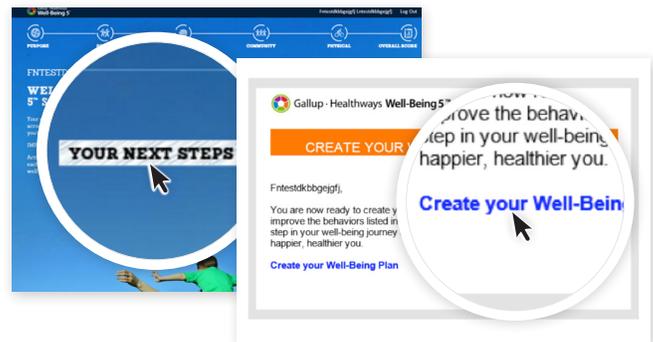
5 Click **SEE HOW YOU'RE DOING** to begin the Well-Being 5 survey.



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**.



7 When you finish your Well-Being 5 survey, click **SEE YOUR SNAPSHOT**. Once you have read your personalized feedback for each element of well-being, then click **NEXT: OVERALL SCORE**.



8 Once you have reviewed your overall score, click **YOUR NEXT STEPS**. Within 24 hours, you will receive an email letting you know it is time to create your Well-Being Plan. Open the link in the email, sign in to your account and follow the guided steps.

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.

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