

welcome to
SIMPLYWELL®
YOUR PERSONAL HEALTH MANAGEMENT PLAN



Enrollment Tutorial

Enrollment is Simple.



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[Healthy Living](#)

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THE **SIMPLYWELL** DIFFERENCE

Founded by physicians, SimplyWell delivers clinically-based, integrated health solutions. SimplyWell succeeds where traditional wellness programs have failed because the program is comprehensive and fully measurable. Employees are becoming healthier and healthcare costs are going down.



Explore our **PRODUCTS & SERVICES** to learn more.

SimplyWell Integrated Solutions



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First Time User?

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LOGIN TO SIMPLYWELL

Welcome to SimplyWell, your Personal Health Management Program!
If you need additional assistance, please contact a SimplyWell Representative at 1.877.991.9355.

ADJUST FONT SIZE: [A](#) [A](#) [A](#)
[ENGLISH](#)  [ESPAÑOL](#) 

Current Users (* denotes required field)

Please enter your user ID and password and select the Login button.

* User ID:

* Password:

Login

[Forgot your user ID or password?](#)

First Time User?

Welcome to SimplyWell. It's easy to register! Just click on the Register button below and follow the instructions.

Register



Our Commitment to Your Privacy

SimplyWell LLC is committed to respecting the privacy of any information you entrust with us. We will protect, safeguard, and never disclose, your identifiable participant information without your express consent. For further details, you may view the full text of the SimplyWell LLC [Privacy Policy](#).

If you are new to
SimplyWell, click Register.

Enrollment is Simple.

[Home](#)

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[Healthy Living](#)

[LOGIN](#)

REGISTER

Welcome to SimplyWell, your Personal Health Management Program.

I was referred to SimplyWell by:

My Employer



My Physician



**Who referred you to
SimplyWell? Click My
Employer or My
Physician.**

Our Commitment to Your Privacy

SimplyWell LLC is committed to respecting the privacy of any participant in the Program, and never disclose, your identifiable participant information. For further details, you may view the full text of the SimplyWell Privacy Policy.

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Enrollment is Simple.

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Current Users

(* denotes required field)

Please enter your user ID and password and select the Login button.

* User ID:
* Password:

Login

[Forgot your user ID or password?](#)

New Participants

(* denotes required field)

Please enter your participant ID, date of birth, and gender to begin the SimplyWell participant enrollment process.

* Participant ID:
* Date of birth:
* Gender: 

Begin



Enter your ID, Date of Birth and Gender.

Our Commitment to Your Privacy

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Your Enrollment: Just 6 Simple Steps

- 1 Provide your contact information & security questions
- 2 Accept the user agreement & policy
- 3 Schedule a date & time for your health screening
- 4 Schedule your lab work
- 5 Provide information for your medical history
- 6 Complete your Health Questionnaire

Enrollment Directions

ENROLLMENT 

MY HOME FOR HEALTH

Participant Enrollment Directions

Welcome SWUser11!

Following the completion of each step, select the Next button to continue the enrollment process. Select the Save & Finish Later button to save data from the current step and exit the enrollment process. You may return at any time.

Note: when you return to the SimplyWell system, please use the user ID and password you created from the Contacts and Security step.

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Participant Enrollment Overview

To learn more

Step 1 -

Step 2 -

Step 3 -

Step 4 - View and Order Lab Work


Step 5 - Record your Medical History

Step 6 - Complete the Online Health Questionnaire

Page 1 - Physical Attributes, Health History, Physical Activity, Eating Practices

Page 2 - Alcohol/Drugs/Smoking, Stress and Coping, Social Health

Page 3 - Safety, Medical Care, Health View

[Begin](#) the participant enrollment process ... 

NOTE: when you return to the SimplyWell system, please use the User ID and Password you will create from the Contacts & Security step.



1 Contacts & Security

ENROLLMENT 
ENTER YOUR CONTACTS AND SECURITY INFORMATION

STEP 1 of 6

MY HOME FOR HEALTH

Personal Profile Information (* denotes required field)

View and manage your SimplyWell contact information and security settings.

User Information

The user ID and password below is for your personal use for all future access of your SimplyWell information. You should no longer use your company's generic user ID and password that you entered to begin the enrollment process.

* User ID: (minimum 7, maximum 20 characters)
* Password: (minimum 9, maximum 16 characters and
* Re-enter password: at least 1 letter and 1 number)

Security Information

Challenge questions help you recall your password. This information allows SimplyWell to verify you. To protect your account, make sure 'Your Answer' is memorable for you, but difficult for others to guess.

* Question 1:
* Answer 1:
* Question 2:
* Answer 2:

General Information

* Last name:
* First name/Middle initial:
Participant ID:
Social Security Number: (###-##-####)

Why should I provide my SSN? [Learn more](#)

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Create the User ID
and Password you will
use for all future logins.

2

User Agreement

ENROLLMENT 
ACCEPT THE AGREEMENT AND POLICY INFORMATION

STEP 2 of 6

MY HOME FOR HEALTH

User Agreement

Clicking the Accept button below acknowledges that you have read, accepted, and fully understand SimplyWell's agreements and policies.

ADJUST FONT SIZE: A A A
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SimplyWell LLC provides the information, services and programs ("Online Services") offered through the www.simplywell.com ("Site") to you subject to the following User Agreement ("Agreement"), which may be amended as described below. The current Agreement will always be available for your review by clicking the link found at the bottom of every page on the Site. By accessing and using the Online Services you agree to the currently posted Agreement.

User Acknowledgement; No Medical Advice

The content on the Site is presented in summary form, is general in nature, and is provided for informational purposes only. By agreeing to this Agreement, you also consent to the SimplyWell LLC [User Acknowledgement](#).

Your Privacy


Accept Decline



Please read the User Agreement carefully. Click Accept to proceed.

3

Schedule Health Screening

ENROLLMENT 
REGISTER FOR YOUR HEALTH SCREENING

STEP 3 of 6

MY HOME FOR HEALTH

Health Screening

Please select a health screening to attend. You have the option to select any of the available time slots.

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| Date | Time Range | Time Slot | Location |
|----------------------------------|---------------------|-----------|---|
| <input type="radio"/> 04/01/2008 | 08:00 AM - 11:00 PM | Anytime | AUTO CLUB HEADQUARTERS 778 Maple St Omaha NE 68114 United States Health Check |
| <input type="radio"/> 04/10/2008 | 09:00 AM - 10:00 AM | Anytime | AUTO CLUB HEADQUARTERS 778 Maple St Omaha NE 68114 United States Test |
| <input type="radio"/> 04/12/2008 | 09:00 AM - 10:00 AM | Anytime | AUTO CLUB HEADQUARTERS 778 Maple St |



Select any of the available health screening times by clicking in the small circle to the left of the date.

| | | | |
|----------------------------------|---------------------|---------|---|
| <input type="radio"/> 04/15/2008 | | | United States Test |
| <input type="radio"/> 04/30/2008 | 09:00 AM - 10:00 AM | Anytime | AUTO CLUB HEADQUARTERS 778 Maple St Omaha NE 68114 United States Test |

4

Review & Schedule Lab Work

ENROLLMENT 
VIEW AND ORDER LAB WORK

STEP 4 of 6

MY HOME FOR HEALTH

Sponsored Lab Work

During your upcoming health screening, a blood sample will be drawn. This blood sample is tested to help identify any medical issues you might have. To view detailed information about a test click on the test name.

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| ✓ Test | Instruction | Price |
|---------------------------------|------------------------|-------|
| Glucose Fasting | 8HR fasting required. | FREE |
| Hemogram | | FREE |
| Lipid Panel | 12HR fasting required. | FREE |



Optional Lab Work

Listed below are optional lab tests not included as part of your program. You have the option of ordering tests with a Visa, MasterCard, Discover or American Express.

To purchase an additional lab test select the test and enter your Credit Card information. Purchased tests will be identified by a check mark. Additional tubes of blood will not need to be drawn in order to complete these test. To view detailed information about a test click on the test name.

Schedule any additional lab work you would like to have done at the same time.

| ✓ Test | Instruction | Credit Card | Price |
|---|-------------|-------------|---------|
| <input type="checkbox"/> PSA | | | \$22.00 |
| <input type="checkbox"/> Complete Metabolic | | | \$35.00 |
| <input type="checkbox"/> HGBA1C | | | \$20.00 |
| <input type="checkbox"/> TSH | | | \$25.00 |

5 Complete Medical History

ENROLLMENT 
RECORD YOUR MEDICAL HISTORY

STEP 5 of 6

MY HOME FOR HEALTH

Medical History

Please enter your allergies, surgeries, accidents, medications, and any known family history or self related diseases.

Accidents

If you have not had any accidents, select the *no accidents* checkbox. If you have had accidents, enter the accident information and add them to the selected list.

I have not been in any accidents.

Available: (* denotes required field)

* Description:

* Year:

Add >>

<< Delete

Selected:

ADJUST FONT SIZE: A A A
ENGLISH  ESPAÑOL 



Enter your medical history. With SimplyWell, it is secure, private and accessible only to people you designate.

Allergies

If you do not have any allergies, select the *no allergies* checkbox. If you have allergies, enter the allergy information and add them to the selected list.

I have no allergies.


Available: (* denotes list all required)

Ragweed
algyTest1 *
Antibiotic *
D. ...

Selected:

6

Complete Health Questionnaire

ENROLLMENT 
COMPLETE THE ONLINE HEALTH QUESTIONNAIRE

STEP 6 of 6
(PAGE 1 of 3)

MY HOME FOR HEALTH

Physical Attributes (* denotes required field)

* Height ft' in''
* Weight lbs

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Health History

1. **Family Health History**
Mark any of the following health problems found in your family (parent, brother, sister).

- alcoholism
- colorectal cancer
- breast cancer
- ovarian cancer
- diabetes
- coronary heart disease
- heart attack
- coronary surgery before age 55 in men, before age 65 in women



Complete the online health questionnaire. The answers will assist SimplyWell in customizing your health care management solution.

- cataracts
- tuberculosis
- thyroid disease
- stroke
- kidney disease

Congratulations

You have completed your online enrollment for

SIMPLYWELL®



NEXT STEPS

Learn more about your program's key features

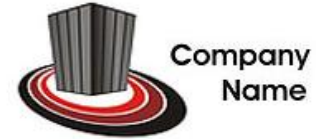
MY HOME FOR HEALTH

Welcome to your SimplyWell Personal Health Management Program!

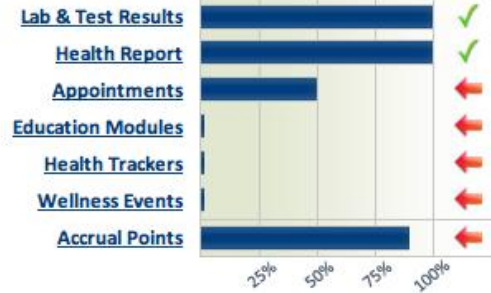


[My Action Plan Points:](#)
[My Health Score:](#)
[My Incentive Plan:](#)

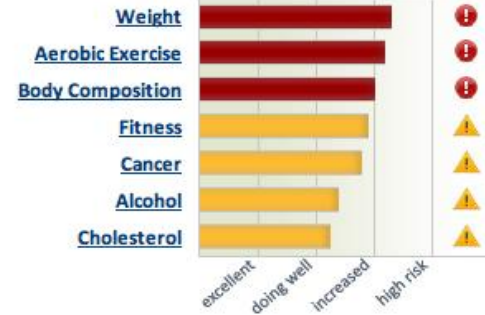
4500
75.0



Points Progress



Health Overview



What's Next?

- [View My Lab & Test Results](#) [View My Health Report](#) [Chart My Screening History](#) [View Wellness Events](#) [Add Health Trackers](#)

MESSAGE CENTER

- [Inbox \(1\)](#)
[Announcements \(2\)](#)
[Reminders \(1\)](#)



Personal Health Summary

Colon Polyps - Colon polyps are growths of tissue inside the large intestine, also called the colon. There are several types of polyps. Most are noncancerous (benign), but one type, the adenomatous polyp, is associated with changes (called...

[Read more](#)



Healthy Headlines

(HealthDay News) -- Kids may turn thumbs down at many healthy lunch choices, but if parents get creative, they can prepare healthy lunches that their children like.

[Read more](#)

MY HOME FOR HEALTH

MY HOME FOR HEALTH

[My Action Plan Points:](#) 4500
[My Health Score:](#) 75.0
[My Incentive Plan:](#) 



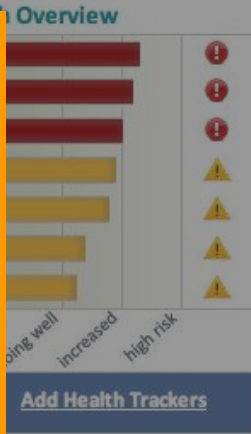
Welcome to your SimplyWell Personal Health Management Program!

[Quick Links](#) [What's Next?](#) [Message Center \(4\) NEW](#)

MY HOME

Welcome to your


- [View My Lab & Test Results](#)
- [View My Health Report](#)
- [Chart My Screening History](#)
- [View Wellness Events](#)
- [Add Health Trackers](#)



[What's Next?](#) [View My Lab](#)

MESSAGE CENTER


- [Inbox \(1\)](#)
- [Announcements \(2\)](#)
- [Reminders \(1\)](#)



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[Read more](#)



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MY HOME FOR HEALTH

MY HOME FOR HEALTH

[My Action Plan Points:](#) 4500

Welcome to your SimplyWell P



[What's Next?](#) [View My](#)

MESSAGE CENTER

[Inbox \(1\)](#)

[Announcements \(2\)](#)

[Reminders \(1\)](#)

MESSAGE CENTER

[Inbox \(1\)](#)

[Announcements \(2\)](#)

[Reminders \(1\)](#)

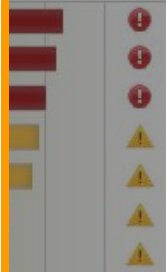
changes (called...

[Read more](#)

[Read more](#)

Company
Name

ew



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high risk

[Health Trackers](#)

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MY HOME FOR HEALTH



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[Read more](#)



Healthy Headlines

(HealthDay News) -- Kids may turn thumbs down at many healthy lunch choices, but if parents get creative, they can prepare healthy lunches that their children like.

[Read more](#)



Your Health Connection

Life With Non-Hodgkin's Lymphoma: One Woman's Story - Fighting non-Hodgkin's lymphoma (NHL) can be a tough battle. Eileen Merle-Rao is a person with NHL who tried two different rounds of therapies, which ultimately failed her. Then her...

[Read more](#)



Ask A Nurse

Do you have a health question for our qualified nursing staff?

Contact us today to get your health questions answered!

Call **1.877.991.9355 (press 1)**.

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[Read more](#)

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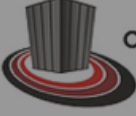
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Quick Links What's Next? Message Center (4) **NEW**

HEALTH SCORE

[My Action Plan Points:](#) 4500
[My Health Score:](#) 75.0
[My Incentive Plan:](#)



Company Name

The health score screen allows participants to view a detailed description of the health score.

Health Score


The health score is based on seven categories of objective data collected at the SimplyWell health screening. Once you have attended a health screening, your results will be calculated in accordance with the [scoring system](#) below.

Your health score will be available 24-48 hours after your health screening. If information for any of the seven categories is missing, your score will not be calculated. Please contact a SimplyWell Representative at 1.877.991.9355 if you have any questions.

| Plan | Score | Detail |
|------|-------|--------|
|------|-------|--------|

HEALTH SCORE

[My Action Plan Points:](#) 4500
[My Health Score:](#) 75.0
[My Incentive Plan:](#)



Company Name

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| Plan | Score | Detail |
|------------------------|-------|----------------------|
| 07/01/2011: 07/20/2011 | 75.0 | View |

| Plan | Score | Detail |
|------------------------|-------|----------------------|
| 07/01/2011: 07/20/2011 | 75.0 | View |
| Total | | 75.0 |

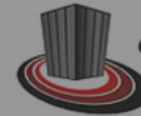
² If your triglycerides are above 400 mg/dL your LDL cannot be measured. However, you will be awarded 2.5 points.
³ Ranges are based on fasting glucose results, if you did not fast your glucose result may be in a higher range.

MY HEALTH SCORE

HEALTH SCORE

My Action Plan Points:
My Health Score:
My Incentive Plan:

4500
75.0



Company
Name

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| Plan | Score | Detail |
|------------------------|-------|----------------------|
| 07/01/2011: 07/20/2011 | 75.0 | View |

Scoring System

The ranges of scores associated with these categories are established by National Standards of Health.

| Category | Score Range | Points | Score | Points |
|--------------------------|-------------|-------------|-------------|--------|
| Systolic Blood Pressure | < 120 | 10.0 points | 80 | 15.0 |
| | 120 - 139 | 7.5 points | 85 | 12.5 |
| | ≥ 140 | 5.0 points | 90 | 10.0 |
| Diastolic Blood Pressure | < 80 | 10.0 points | 80 | 12.5 |
| | 80 - 99 | 7.5 points | 85 | 10.0 |
| | ≥ 100 | 5.0 points | 90 | 7.5 |
| HDL Cholesterol | > 49 | 10.0 points | 76 | 10.0 |
| | 40 - 49 | 7.5 points | 81 | 7.5 |
| | < 40 | 5.0 points | 86 | 5.0 |
| LDL Cholesterol | < 130 | 10.0 points | 87 | 10.0 |
| | 130 - 159 | 7.5 points | 92 | 7.5 |
| | ≥ 160 | 5.0 points | 97 | 5.0 |
| Triglycerides | < 150 | 10.0 points | 234 | 2.5 |
| | ≥ 150 | 2.5 points | 239 | 0.0 |
| Glucose | < 101 | 10.0 points | 97 | 10.0 |
| | ≥ 101 | 7.5 points | 102 | 7.5 |
| Total | | | 75.0 | |

English Español

² If your triglycerides are above 400 mg/dL your LDL cannot be measured. However, you will be awarded 2.5 points.

³ Ranges are based on fasting glucose results, if you did not fast your glucose result may be in a higher range.

HEALTH SCORE

My Action Plan Points:
My Health Score:
My Incentive Plan:

4500
75.0




Company

Scoring System

The ranges of scores associated with these categories are established by National Standards of Health.

| | Plan - 07/01/2011: 07/20/2011 | | | Score | |
|---------------------------------|--|--------------------------|---------------------|--------------|-------------|
| | TARGET | MODERATE RISK | HIGH RISK | Value | Points |
| Body Composition | Click here to review scoring information | | | | |
| <u>Systolic Blood Pressure</u> | 15.0 points < 120 | 12.5 points 120 - 159 | 7.5 points > 159 | 116 | 15.0 |
| <u>Diastolic Blood Pressure</u> | 15.0 points < 80 | 12.5 points 80 - 99 | 7.5 points > 99 | 80 | 12.5 |
| <u>HDL Cholesterol</u> | 10.0 points > 49 | 7.5 points 45 - 49 | 5.0 points < 45 | 76 | 10.0 |
| <u>LDL Cholesterol</u> | 10.0 points < 130 | 5.0 points 130 - 159 | 2.5 points > 159 | 87 | 10.0 |
| <u>Triglycerides</u> | 10.0 points < 150 | 5.0 points 150 - 199 | 2.5 points > 199 | 234 | 2.5 |
| <u>Glucose</u> | 10.0 points < 101 | 7.5 points 101 - 125 | 5.0 points > 125 | 97 | 10.0 |
| | | | | Total | 75.0 |

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MY HOME FOR HEALTH

SIMPLYWELL®

YOUR PERSONAL HEALTH MANAGEMENT PLAN



For Assistance Contact

1.877.991.WELL (9355)