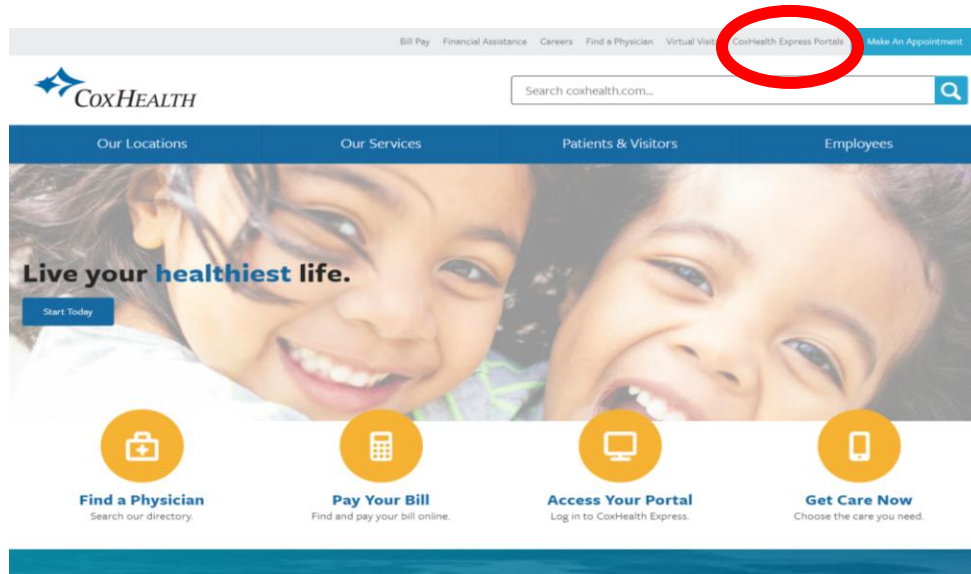


Returning User Login Instructions

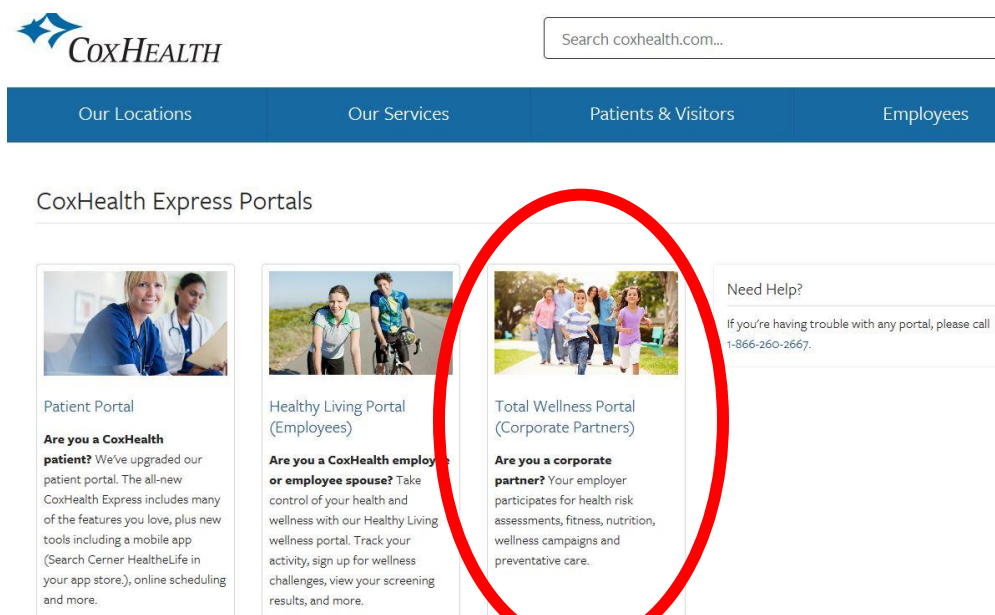
Step 1

Go to www.coxhealth.com and select the “CoxHealth Express Portal” link on the top right side of the page.



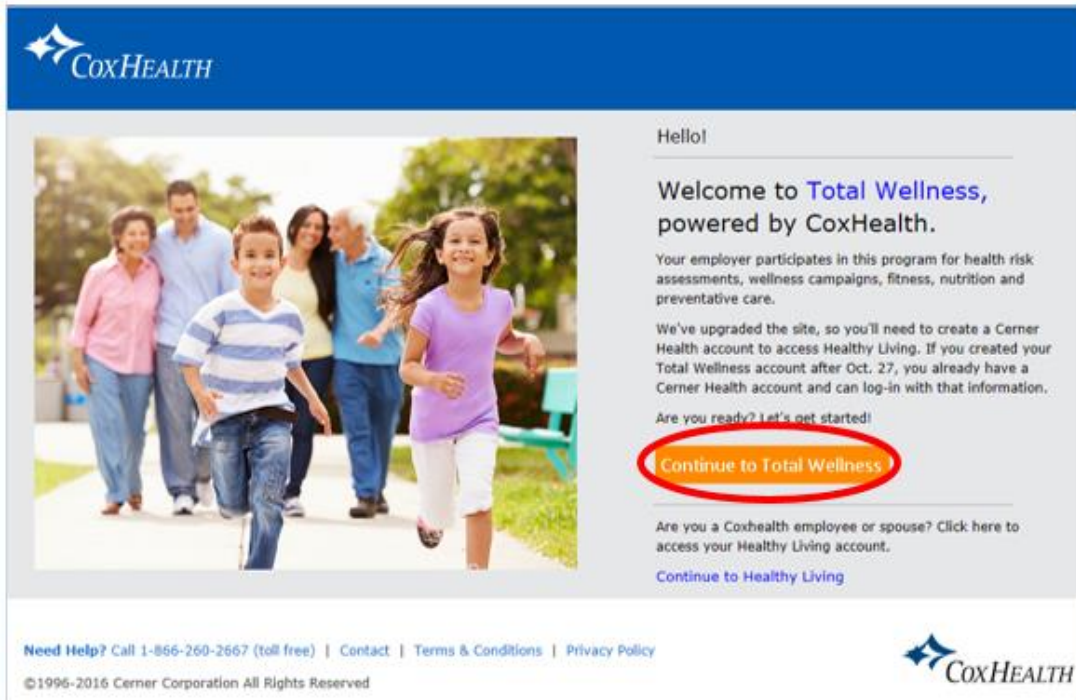
Step 2

Select the far right box below labeled, “Total Wellness Portal (Corporate Partners).”



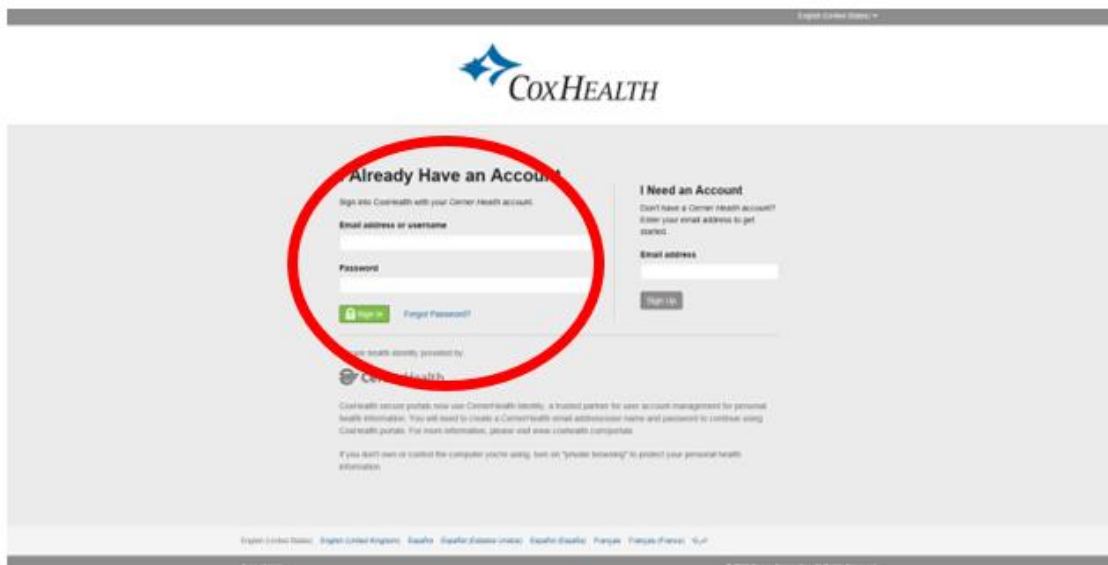
Step 3

Click the orange “Continue to Total Wellness” button.



Step 4

Enter the username and password you created during your first visit and click “Sign In”.



Step 5

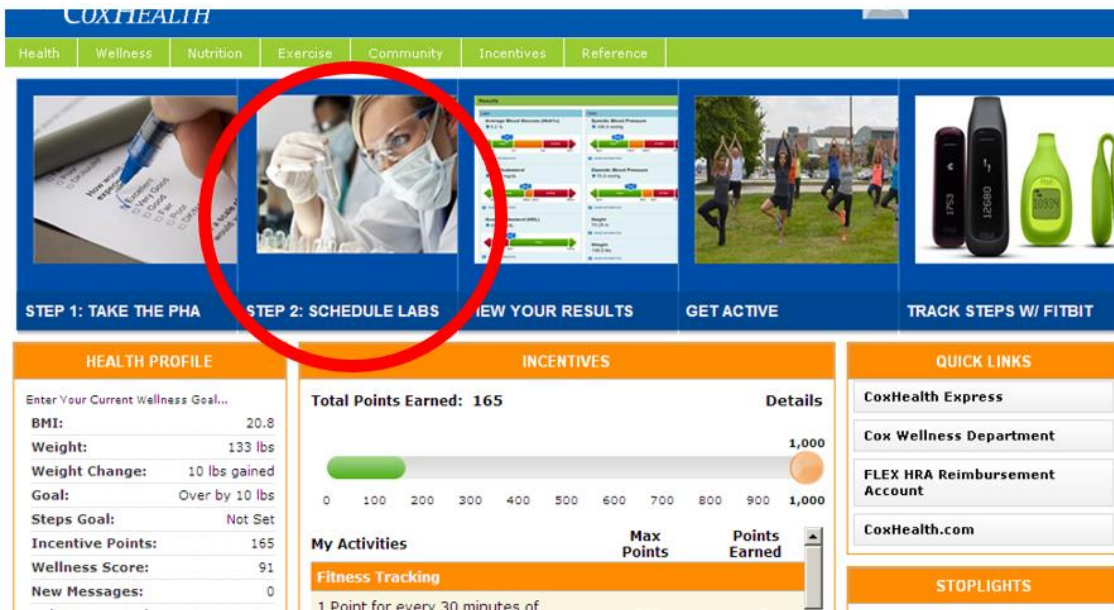
Click on “Step 1: Complete Your Personal Health Assessment.”



The screenshot shows the CoxHealth TotalWellness website interface. The top navigation bar includes links for Health, Nutrition, Exercise, Community, Incentives, and Reference. Below the navigation bar, there are five main sections: STEP 1: TAKE THE PHA (highlighted with a red circle), STEP 2: SCHEDULE LABS, VIEW YOUR RESULTS, GET ACTIVE, and TRACK STEPS W/ FITBIT. The main content area is divided into three columns: HEALTH PROFILE, INCENTIVES, and QUICK LINKS. The HEALTH PROFILE section displays user information such as BMI (20.8), Weight (133 lbs), Weight Change (10 lbs gained), Goal (Over by 10 lbs), Steps Goal (Not Set), Incentive Points (165), Wellness Score (91), and New Messages (0). The INCENTIVES section shows Total Points Earned (165) and a progress bar. The QUICK LINKS section provides links to CoxHealth Express, Cox Wellness Department, FLEX HRA Reimbursement Account, and CoxHealth.com.

Step 6

Click on “Step 2: Schedule Lab and Biometrics.”



The screenshot shows the CoxHealth TotalWellness website interface, similar to the previous one. The top navigation bar includes links for Health, Wellness, Nutrition, Exercise, Community, Incentives, and Reference. Below the navigation bar, there are five main sections: STEP 1: TAKE THE PHA, STEP 2: SCHEDULE LABS (highlighted with a red circle), VIEW YOUR RESULTS, GET ACTIVE, and TRACK STEPS W/ FITBIT. The main content area is divided into three columns: HEALTH PROFILE, INCENTIVES, and QUICK LINKS. The HEALTH PROFILE section displays user information such as BMI (20.8), Weight (133 lbs), Weight Change (10 lbs gained), Goal (Over by 10 lbs), Steps Goal (Not Set), Incentive Points (165), Wellness Score (91), and New Messages (0). The INCENTIVES section shows Total Points Earned (165) and a progress bar. The QUICK LINKS section provides links to CoxHealth Express, Cox Wellness Department, FLEX HRA Reimbursement Account, and CoxHealth.com.

Step 7

On the calendar, use the arrows in the top left to advance the months and look for blue boxes to schedule your date.

Event Registration

Event Type: Geographic Location:

☐ Registered ☐ Unregistered ☐ Full

No events are available for registration at this time.

December 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	1	2	3	4	5

Step 8

Select a **time** to register for the Lab/Biometric session.

****If you enter in the incorrect username or password or you get locked out of CoxHealth Express, please call the CoxHealth Express 24/7 helpline 1-888-252-8150; if you have questions regarding the wellness program, please call 417-269-9170 or email Zachary.Starnes@coxhealth.com ****

