

HAARTZ WELLNESS PORTAL AN INTRODUCTORY GUIDE

One-Stop Wellness. At Your Fingertips.

Taking steps toward a healthier lifestyle just got easier with our new, virtual options for wellness!

The Haartz Wellness Portal allows you to access all of your wellness resources securely in one place. Privately message your health coach, complete an action plan on a wellness topic that interests you, and participate in challenges to improve your wellbeing. By participating, you'll have the opportunity to win great prizes!



Frequently Asked Questions

• What is the Haartz Wellness Portal?

The Haartz Wellness Portal is a safe and secure site where you can access everything you need for wellness. On the portal, you can participate in fun individual challenges, access a full health library and videos, and connect with your onsite Health Coach. Visit haartz.wellnessworkdays.com today to register and get started!

• How do I register on the Haartz Wellness Portal?

- Visit haartz.wellnessworkdays.com
- Click **REGISTER**, then click **ACCEPT**
- Enter **Haartz** in the Company box
- Enter your **Member ID**. This is your Haartz ID that you use to log into UKG.
- Enter your date of birth and email
- Click **REGISTER**
- Create a password, then log in!

• How do I know my health information is safe and secure?

Your privacy is important to us! As you participate in the program, be aware that any personal health information you provide is **COMPLETELY CONFIDENTIAL** and will **never be shared with anyone from Haartz**. The Haartz Wellness Portal is HITRUST certified, the most rigorous security test available for online health databases.

Questions?

For wellness program inquiries, email Jenn at jhopkins@haartz.com

For portal support, email support@wellnessworkdays.com