



Haartz Health Works provides onsite health coaching and access to a private portal where you can assess your physical and mental health, set goals, and take action to improve your wellness!

See below to learn how to get started today!



1 Register

Start your wellness journey by registering on the Haartz Wellness Portal, which will give you access to everything the program has to offer. Follow the steps below to register.



1. Visit haartz.wellnessworkdays.com OR scan the QR code
2. Click **REGISTER**, then click **ACCEPT**
3. Enter **Haartz** in the Company box
4. Enter your **Member ID**. This is your Haartz ID that you use to log in to UKG.
5. Enter your date of birth and email
6. Click **REGISTER**
7. Create a password, then log in!



Privacy & Security

Your portal is encrypted & firewall-protected so your information is secure. No personal health information will ever be shared with your employer!

Scan the QR code and follow the instructions above to register on the Haartz Wellness Portal!





2 Participate

Complete activities on your **Wellness To-Do List**, partake in individual and team challenges, access a full health library and videos, and connect with your onsite Health Coach. By participating, you'll have the opportunity to win great prizes!

What is available to me?

Better wellness is at your fingertips!
Explore what the Haartz Wellness Portal has to offer.

Health Library

Your resource for up-to-date and reliable health information on a wide range of topics, including nutrition, physical activity, stress management, sleep, and much more!

Self-Directed Action Plans

Choose to learn from several self-paced 6 to 8-week courses specific to your health risks. These plans are available on your wellness portal throughout the program year.

Individual Wellness Challenges

Each challenge focuses on a particular area of wellness and allows you to track your progress over time. You can join virtual groups with your peers to support each other and/or have some friendly competition!

Team Wellness Challenges

Team up with your coworkers during a physical activity challenge and track your progress over time. Support each other and have some friendly competitions with other teams as you exercise your way to the final milestone.

...and much more! **Log on to explore!**



Questions?

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