



**Empowering  
Health Choices  
*Together!***



**WELLNESS**

MEMBER  
**WELCOME  
GUIDE**

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EMI.MKTG.MEDICALGROUPWELCOME.12





# WELCOME

*We're excited to have you with us!*

The purpose of this welcome packet is to help you quickly find the answers you may need as you enjoy quality wellness benefits as part of your EMI Health plan.

Thank you for being a valued member. We're thrilled about this partnership and eagerly anticipate serving you with enhanced benefits and exceptional customer care.

We are here to make your life easier. Please use the following resources to access your EMI Health wellness portal - BeWell - as well as a reference for additional wellness benefits.



# Online Wellness Portal

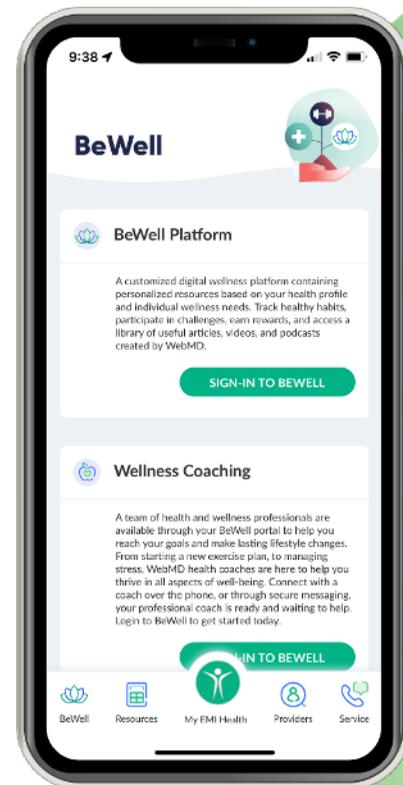
Our digital wellness platform, BeWell, brings the most comprehensive set of wellness tools together in one place. Medical plan subscribers have access to a personalized dashboard that focuses on each individual's unique health-related goals.

BeWell empowers members with choice, gives guidance, provides tools based on evidence-based practice and measures success based on personal progress.



## Features Include:

- Personalized Digital Wellness Platform
- 'Wellness at Your Side (WAYS)' Mobile App
- Quarterly Webinars & Challenges
- Health Risk Assessment
- Behavior Change Programs
- Lifestyle Health Coaching
- Disease Management Coaching
- Onsite Services: Biometric Screenings, Flu Shot Clinics and Health Fairs
- Wellness Program Coordination & Planning



*It's as Easy as 1, 2, 3!*

You can access BeWell by logging into your account at [emihealth.com](http://emihealth.com)

- 1 Login to [emihealth.com](http://emihealth.com).
- 2 Click on BeWell Sign-in under Wellness in the Members tab.
- 3 Fill in requested fields and register your BeWell account and use SSO for future sign-ins.

*It's easy to register and get started!*

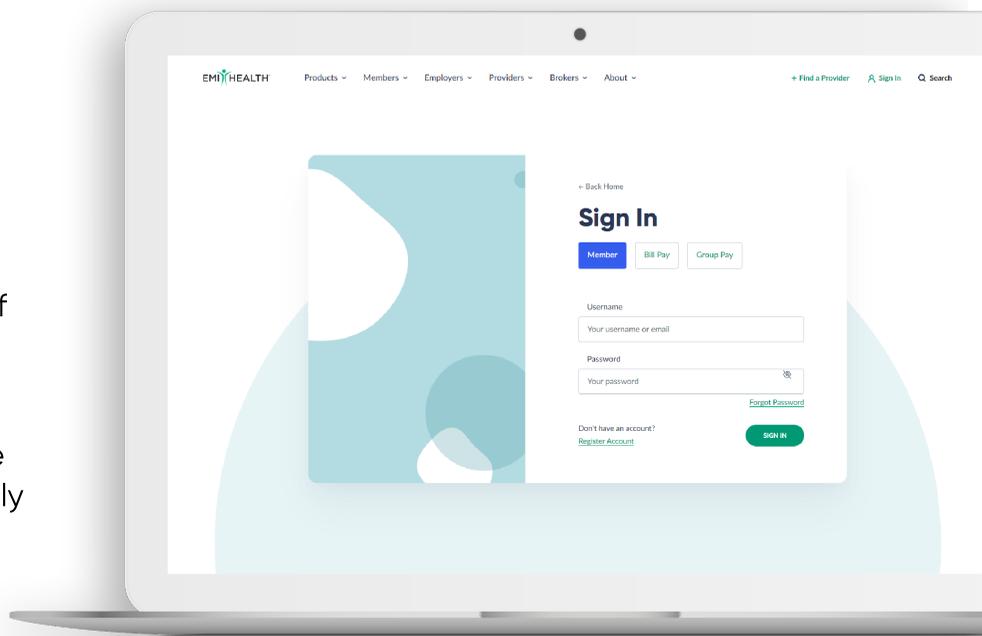
# My EMI Health Account

## Getting Started

Find everything related to your benefits from general plan documents to detailed claims information.

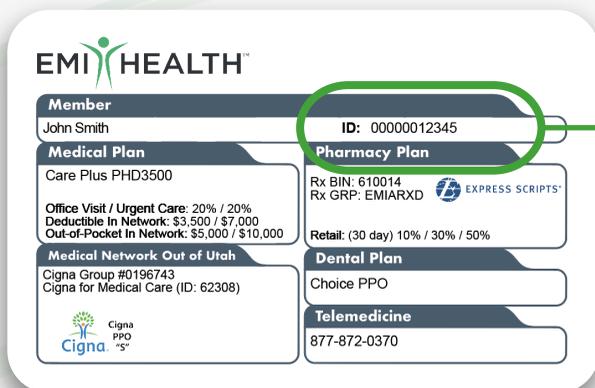
- Go to **emihealth.com**.
- Click **Sign In** and select **My EMI Health**.
- Select **Register** and choose **Member** as the type of account.
- Enter the data to identify yourself and click **Continue**.

\*Please note that you will only make an EMI Health account for your family through the plan subscriber. Dependents and spouses will not have their own account.



## Questions?

As always, we are here to help. **Call customer service at 800-662-5851.**



### Your Member ID Card

You will receive a Member ID Card in the mail. Please use your Member ID number found on your EMI Health ID card to register your account.

# Logging in Your BeWell Portal

**1**

EMI Health medical plan subscribers\* can access BeWell through the member portal at [emihealth.com](http://emihealth.com). Click on **"Sign In"** under **"My EMI Health"** in the drop down menu.

**2**

Type in your username and password, click the green **"Sign In"** button. If you still need to register, click on the green **"Register Account"** button below to get started.

**3**

After logging into the EMI Health member portal, scroll down to the bottom of the page. Click on the BeWell **"Explore this Benefit"** button located on the bottom right hand side.

**4**

Begin the BeWell registration process. Confirm if you have an existing health record with WebMD and/or fill in your details. Click **"Continue"** to start your Health Risk Assessment.

**5**

After completing the Health Risk Assessment, you can immediately view your results, Wellness Score, Risk Factors, and Recommended Resources tailored to your individual needs.

\*A subscriber is the main account holder whose name appears on the EMI Health ID card. At this time spouses and/or dependents are not eligible to participate.

*At work, at home and everywhere in between.*  
**BeWell on the Go**

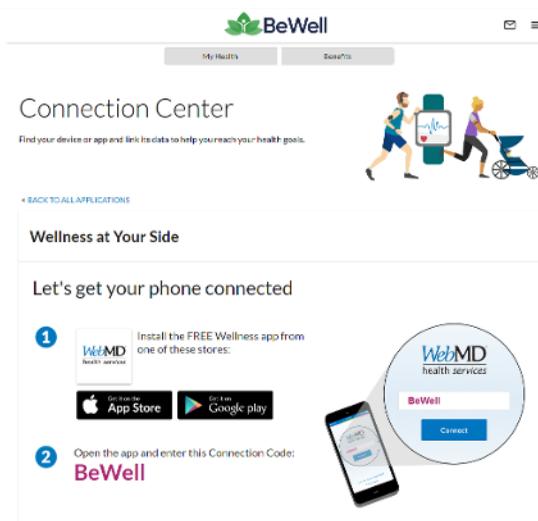
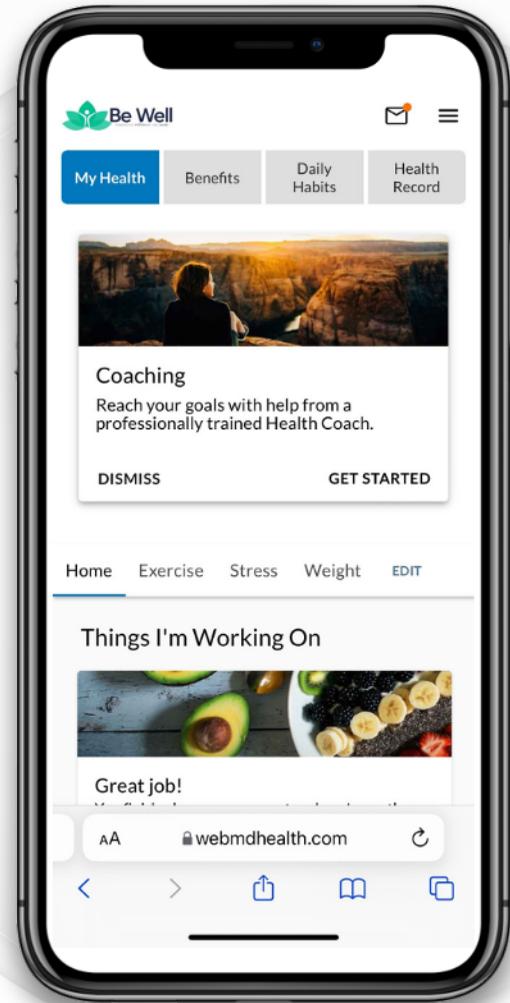
With Wellness At Your Side- the WebMD app-you can access BeWell no matter where you are.



Members can download the free wellness app from the Apple App Store or Google Play store.

Once installed members open the **Wellness At Your Side** app and enter the one time connection code "**BeWell.**"

Once connected members sign-in as normal to access the BeWell portal on the go!



Scan this QR code with your phone to download.



# Introducing Face ID

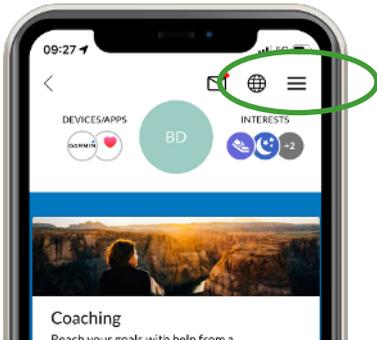
Now you can sign in quickly and securely. Here's how to set it up.



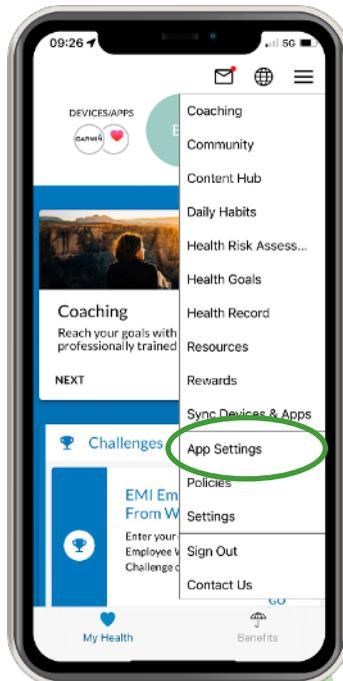
Go to the **WebMD app** on your mobile device.



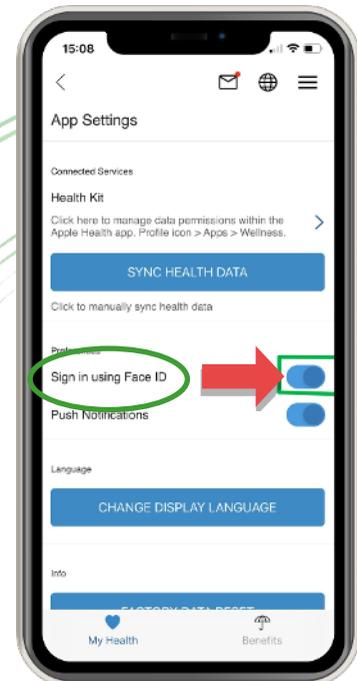
On the dashboard click on the **menu button** in the upper right corner.



Scroll down and click **"App Settings."**



Find the **"Sign in using Face ID"** button and click it to the right.



Your Quick Link Guide

# EMI Essentials Hub

## WELLNESS

A curated collection of essential links providing swift access to crucial information. Just click on any of the buttons below to find viewable and downloadable key member resources.



[BeWell LOGIN INSTRUCTIONS](#)

How to login and enjoy all resources and tools available in our wellness program..



[BeWell MOBILE APP](#)

Download our app for convenient access to all of your Wellness Program tools and resources.



[TELEMED](#)

Overview of \$0 copay Telemed Service and how to access 24/7/365 .



[LYRA NETWORK](#)

An overview of the convenient, mental health provider network for online and in-person care.



[NURSE COACHING](#)

Management of chronic conditions through one-on-one coaching.



[MATERNITY MANAGEMENT](#)

Work one-on-one with a registered nurse ensuring you're on track to deliver a happy and healthy baby.

### Questions?

As always, we are here to help. Call customer service at 800-662-5851

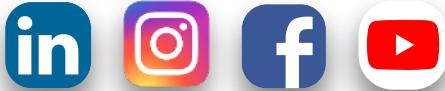
Let's get started!

# Your Success is our Priority!

Wellness benefits are essential for your well-being. Let us do the heavy lifting for you. We are here for you every step of the way as you utilize your benefits through EMI Health.

We encourage you to reference the resources listed in this booklet to get familiar with your wellness benefits. For additional information, customer service is available for support. Remember, we are only a call or email away and we are always happy to help.

*Let's be social*



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