



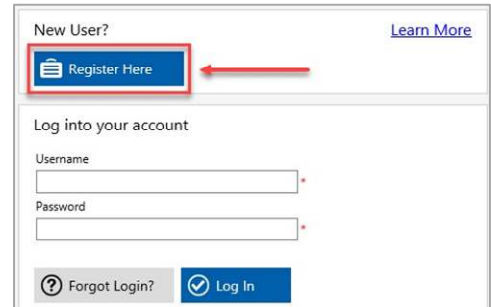
# MyBenefitsChannel Wellness App How To Documents



# How to Register on MyBenefitsChannel.com

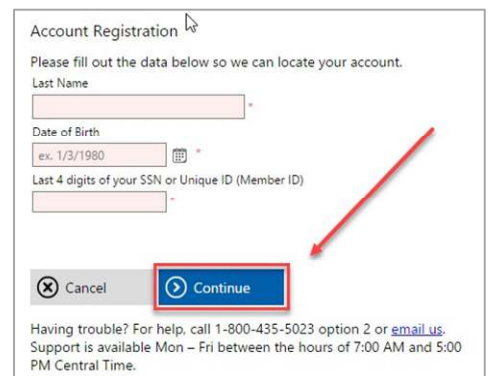
## Step 1: Go to MyBenefitsChannel.com

- From any computer, visit [www.mybenefitschannel.com](http://www.mybenefitschannel.com)
- To register and create your username and password, click **Register Here**.
- Your username and password are secure and are not shared with anyone, even your employer.



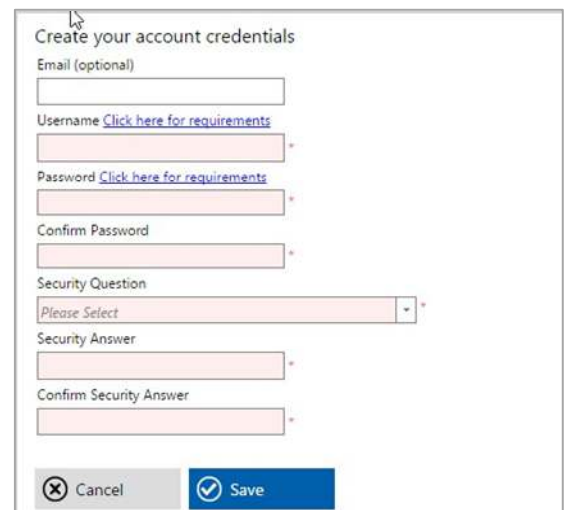
## Step 2: Register & Create your Account

- Enter your Last Name, Date of Birth, and Last 4 digits of your SSN or Unique ID (Member ID).
- Click **Continue**.
- On the next screen, you will need to review the Terms & Conditions: check the box indicating your agreement and click **Submit Agreement**.



## Step 3: Create your username and password

- Be sure to enter the email address you use most frequently.
- When you have secure messages or employer-sponsored activities to do you will receive a notification to the email address you enter on this page. Your email address is **secure and will not be shared** or sold, and will only be used for employer-related business.
- Your username and password must be at least 8 characters and cannot contain special characters like <, >, ', ", and &. Using your email address as your username is recommended.
- Password must be at least 8 characters with at least 1 upper case letter (A-Z), at least one lower case letter (a-z), and at least 1 digit (0-9).
- Cannot contain special characters, your first name, last name or username. Cannot contain certain common passwords or any of your previous 3 passwords.
- Choose a security question and answer to use if you need to recover your username and password.
- Click **Save**.

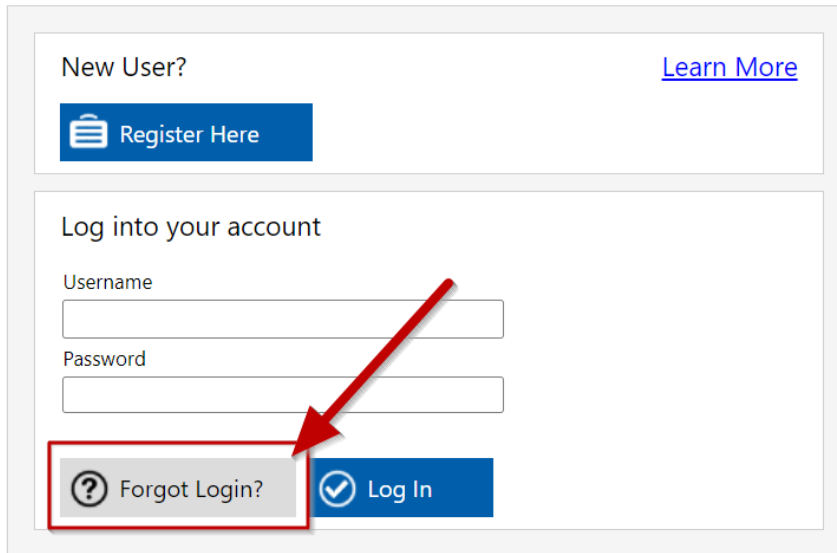


**Need help or have questions?** Contact My Benefits Channel at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com)


# How to Recover Login Information

If you have forgotten your login credentials (username and/or password), follow the steps below to recover your login information. Access MyBenefitsChannel at [www.mybenefitschannel.com](http://www.mybenefitschannel.com)

Click the **Forgot Login?** button at [www.mybenefitschannel.com](http://www.mybenefitschannel.com)





New User? [Learn More](#)

 Register Here

Log into your account

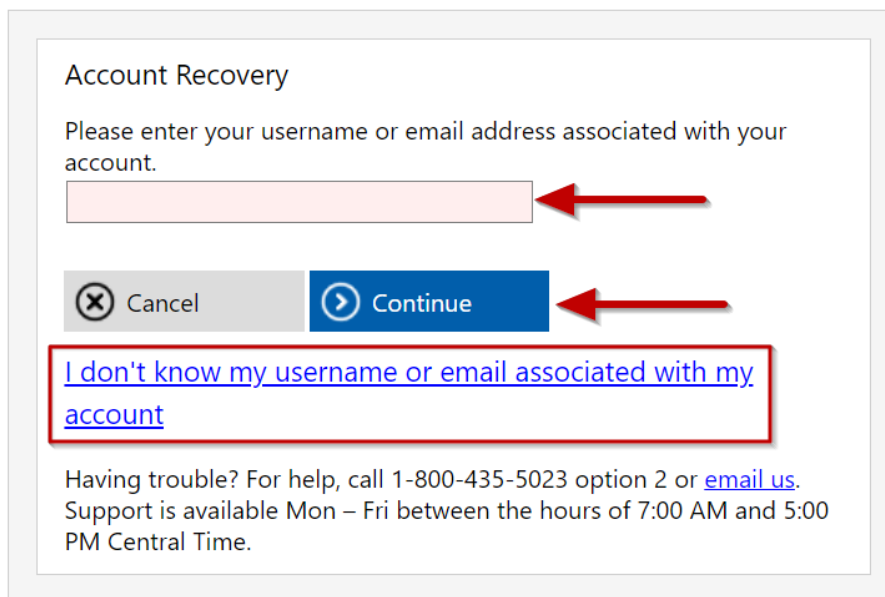
Username

Password

 Forgot Login?  Log In



If you **know** your username or email address associated with your account, enter it in the field shaded light red, then click the **Continue** button.

If you **do not know** your username or email address associated with your account, click the link “I don’t know my username or email associated with my account.”



Account Recovery

Please enter your username or email address associated with your account.

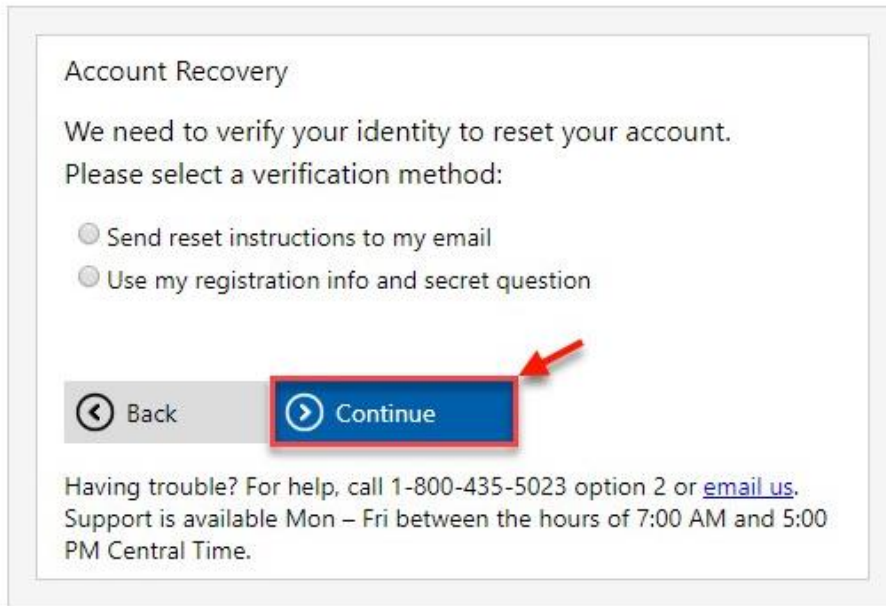
 Cancel  Continue

[I don't know my username or email associated with my account](#)

Having trouble? For help, call 1-800-435-5023 option 2 or [email us](#).  
Support is available Mon – Fri between the hours of 7:00 AM and 5:00 PM Central Time.

If Username or Email Address **KNOWN**:

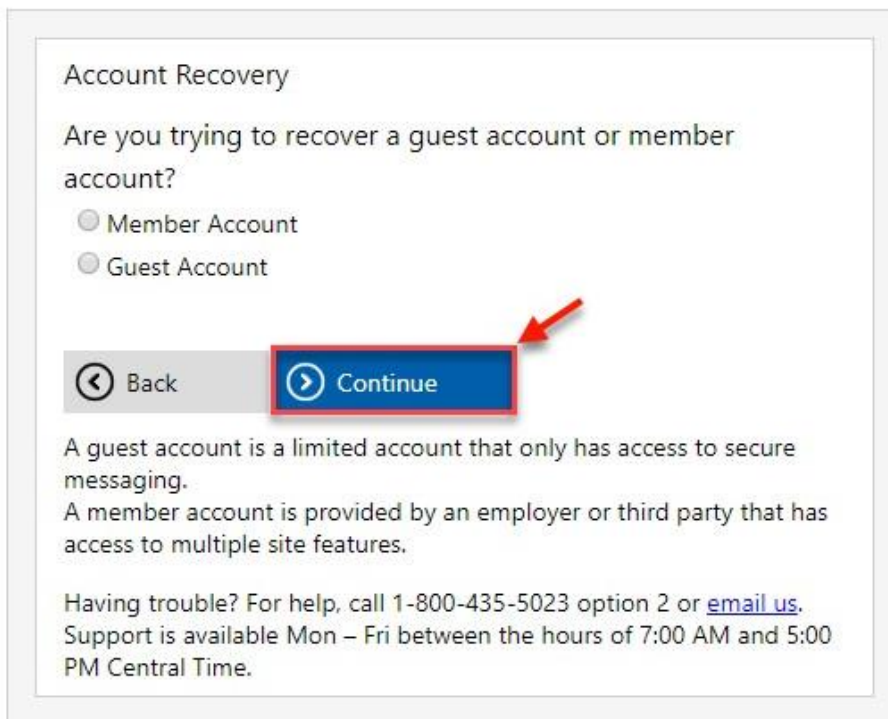
- Select **one** of the options – “Send reset instructions to my email” - OR - “Use my registration info and secret question”. Click the Continue button.



The screenshot shows a web form titled "Account Recovery". Below the title, it says "We need to verify your identity to reset your account. Please select a verification method:". There are two radio button options: "Send reset instructions to my email" and "Use my registration info and secret question". At the bottom, there are two buttons: "Back" (grey) and "Continue" (blue). A red rectangle highlights the "Continue" button, and a red arrow points to it from the right. Below the buttons, there is a line of text: "Having trouble? For help, call 1-800-435-5023 option 2 or [email us](#). Support is available Mon – Fri between the hours of 7:00 AM and 5:00 PM Central Time."

If Username or Email Address **UNKNOWN**:

- Select either “Member Account” or “Guest Account” (most users will have a Member Account). Then click the Continue button.



The screenshot shows a web form titled "Account Recovery". Below the title, it says "Are you trying to recover a guest account or member account?". There are two radio button options: "Member Account" and "Guest Account". At the bottom, there are two buttons: "Back" (grey) and "Continue" (blue). A red rectangle highlights the "Continue" button, and a red arrow points to it from the right. Below the buttons, there is a line of text: "Having trouble? For help, call 1-800-435-5023 option 2 or [email us](#). Support is available Mon – Fri between the hours of 7:00 AM and 5:00 PM Central Time."

### Remaining Steps - KNOWN and UNKNOWN Username or Email Address

- Enter your Last Name, Date of Birth and Last 4 of your SSN in the appropriate fields. Click the Continue button.

The screenshot shows a web form titled "Account Recovery" with the instruction "Please enter your registration data". It contains three input fields: "Last Name", "Date of Birth" (with an example "ex. 1/3/1980" and a calendar icon), and "Last 4 digits of your SSN or Unique ID (Member ID)". Each field has a red asterisk indicating it is required. Red arrows point to each of these fields. At the bottom, there are two buttons: a grey "Back" button and a blue "Continue" button. A red arrow points to the "Continue" button. Below the buttons, there is a line of text: "Having trouble? For help, call 1-800-435-5023 option 2 or [email us](#). Support is available Mon – Fri between the hours of 7:00 AM and 5:00 PM Central Time."

- Enter the answer to your security question (questions will vary depending on what question was selected when you registered). Click the Continue button.

The screenshot shows a web form titled "Account Recovery" with the instruction "Please enter the answer to your secret question to continue:". It contains one input field with the question "What is the name of the elementary school you attended?". The field has a red asterisk indicating it is required. Red arrows point to the input field and the "Continue" button. At the bottom, there are two buttons: a grey "Back" button and a blue "Continue" button. Below the buttons, there is a line of text: "Having trouble? For help, call 1-800-435-5023 option 2 or [email us](#). Support is available Mon – Fri between the hours of 7:00 AM and 5:00 PM Central Time."

- Enter a new password in the password field. Click the link to see password requirements.
- In the Confirm Password field, enter the new password.
- If desired, you can update the following:
  - Security Question – select a new question from the dropdown list.
  - Security Answer – if you updated your Security Question, then you will need to also update your security answer and then confirm your answer.
- Click the Save button to save your changes.

**Account Recovery**

Create your account credentials

Username [Click here for requirements](#)

[X] Close

- Usernames must be unique across all accounts
- Usernames must contain between 8 and 50 characters
- Usernames cannot contain certain special characters like <, >, ', " and &
- Using your email address as your username is recommended

Password [Click here for requirements](#)

[X] Close

- Passwords must contain between 8 and 128 characters
- Passwords must contain at least 1 uppercase letter (A-Z)
- Passwords must contain at least 1 lowercase letter (a-z)
- Passwords must contain at least 1 digit (0-9)
- Passwords cannot contain certain special characters like <, >, ', " and &
- Passwords cannot contain your first name, last name or username
- Passwords cannot contain certain common passwords
- Passwords cannot match any of your previous 3 passwords

Confirm Password

Security Question

Security Answer

Confirm Security Answer

### Have questions or need help?

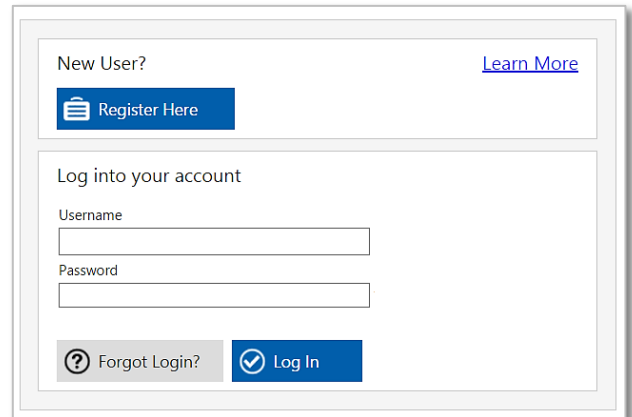
Call MyBenefitsChannel Support at 800.435.5023, extension 2 or email [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com). Support is available Monday through Friday, 8:30 AM – 5:00 PM Central Time.



# How to Complete the Wellness Check In

## Step 1: Log-in to MyBenefitsChannel.com

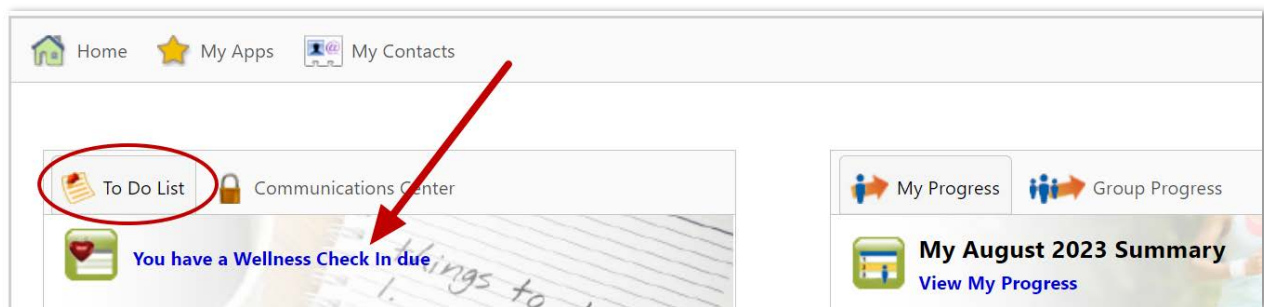
- Log-in to [www.MyBenefitsChannel.com](http://www.MyBenefitsChannel.com) using your username and password.
- If it is your first time at the site, click the **“Register Here”** button to register and create your username and password.
- Remember, MyBenefitsChannel uses the same secure encryption that banks do and your personal information is never shared!



The screenshot shows the login interface. At the top, there is a 'New User?' section with a 'Register Here' button and a 'Learn More' link. Below this is the 'Log into your account' section, which includes input fields for 'Username' and 'Password'. At the bottom of this section, there are two buttons: 'Forgot Login?' and 'Log In'.

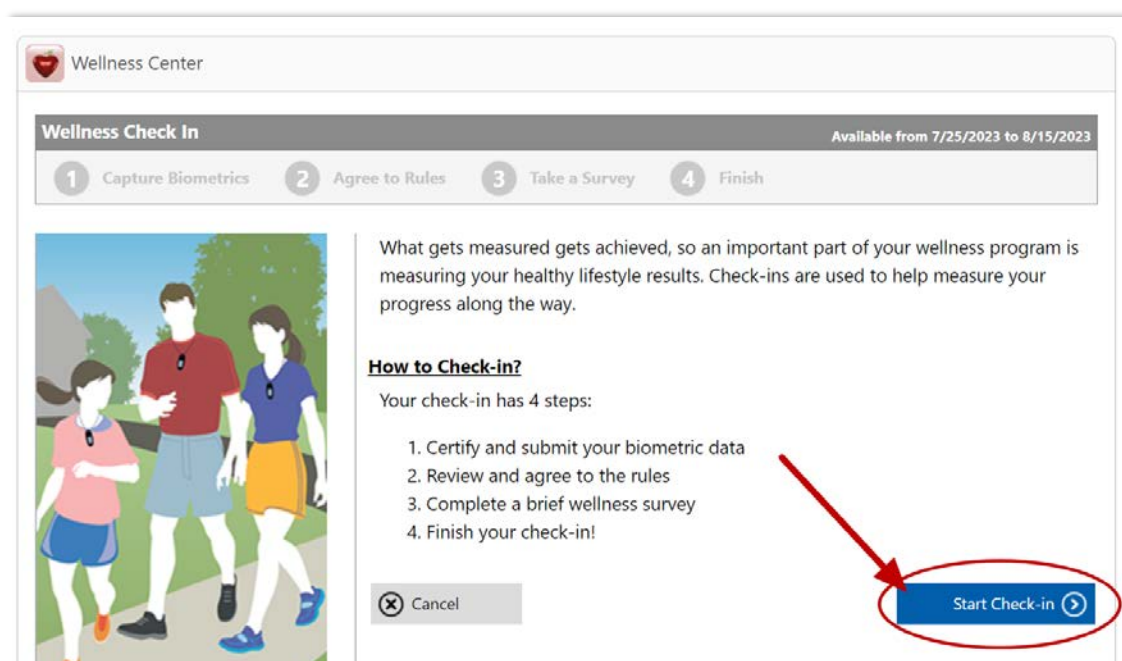
## Step 2: Go to your To Do List

- On the home page in your **“To Do List”**, click the link **“You have a Wellness Check In due”**.



## Step 3: Start Check In

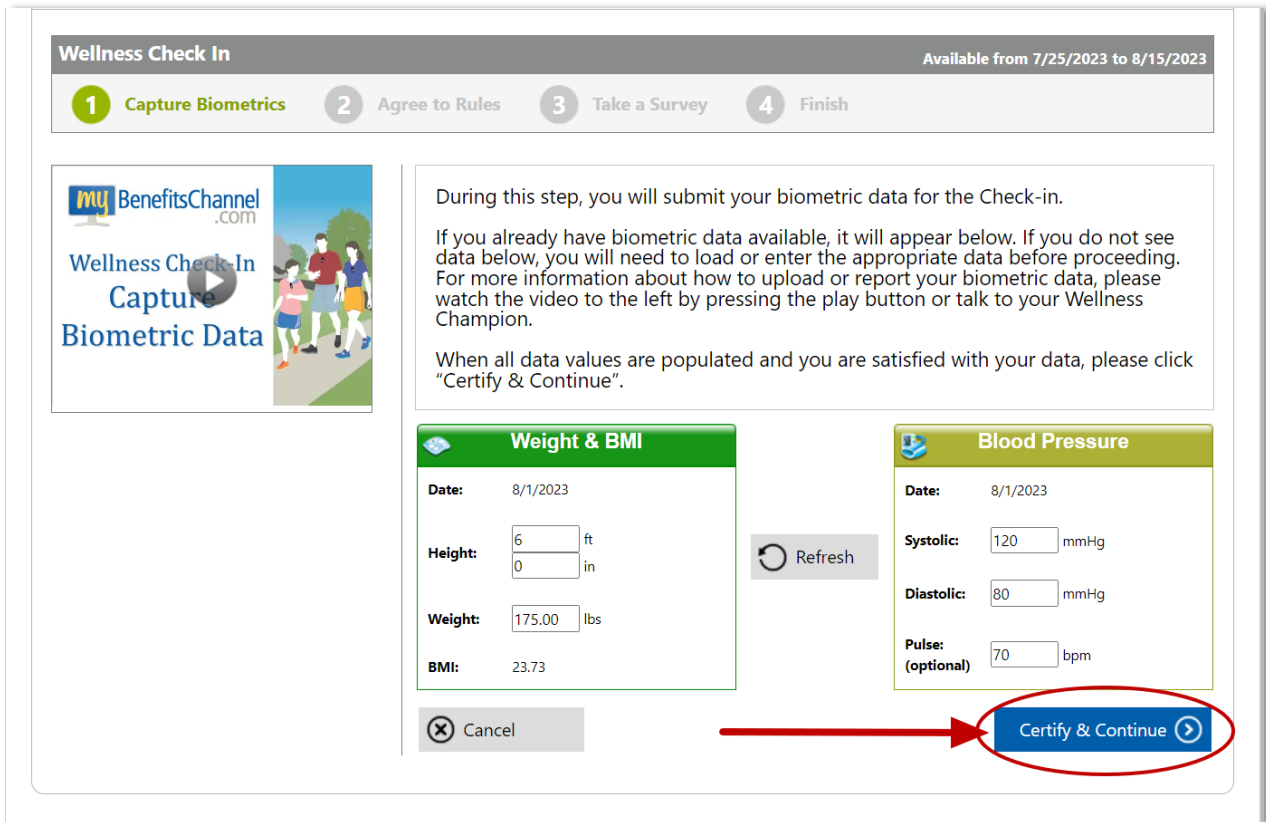
- Read the information about the wellness check-in and then click the blue **“Start Check-in”** button.



The screenshot shows the 'Wellness Check In' page. At the top, there is a 'Wellness Center' header. Below this, there is a 'Wellness Check In' section with a progress bar showing four steps: 1. Capture Biometrics, 2. Agree to Rules, 3. Take a Survey, and 4. Finish. The progress bar indicates that the user is currently at step 1. Below the progress bar, there is an illustration of three people walking. To the right of the illustration, there is text explaining the purpose of the wellness check-in and a section titled 'How to Check-in?' which lists the four steps. At the bottom of the page, there is a 'Cancel' button and a 'Start Check-in' button, which is circled in red with a red arrow pointing to it.

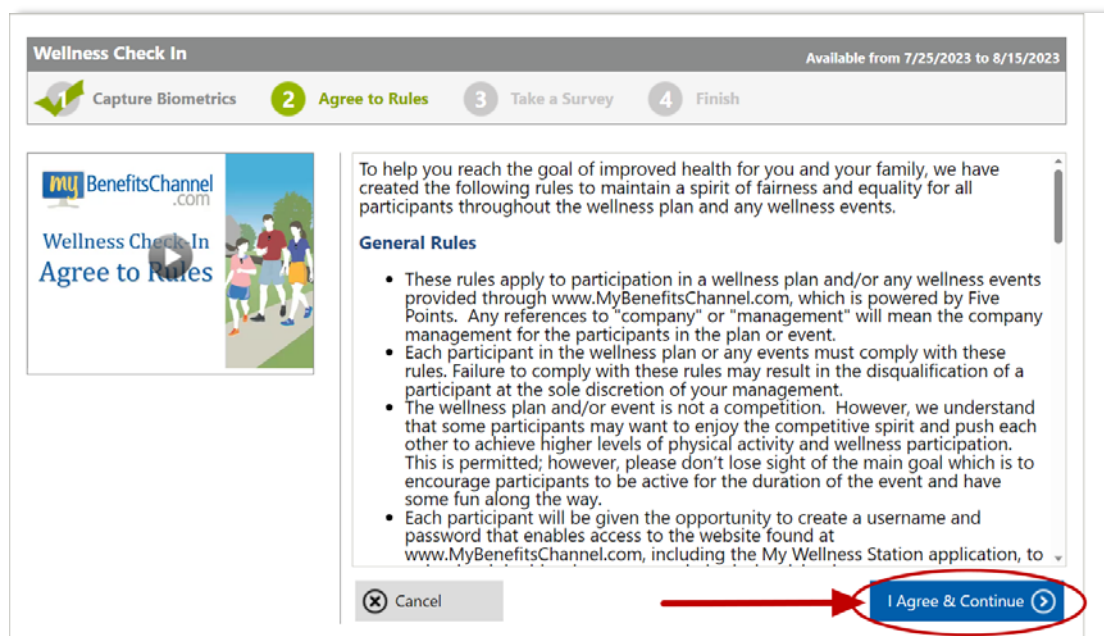
## Step 4: Input your Biometrics

- During this step you will submit your biometric data for the Check-in. If you already have biometric data entered in the system, the fields will pre-populate your data for you. After entering your data, click the blue **Certify & Continue** button.



## Step 5: Agree to the Rules

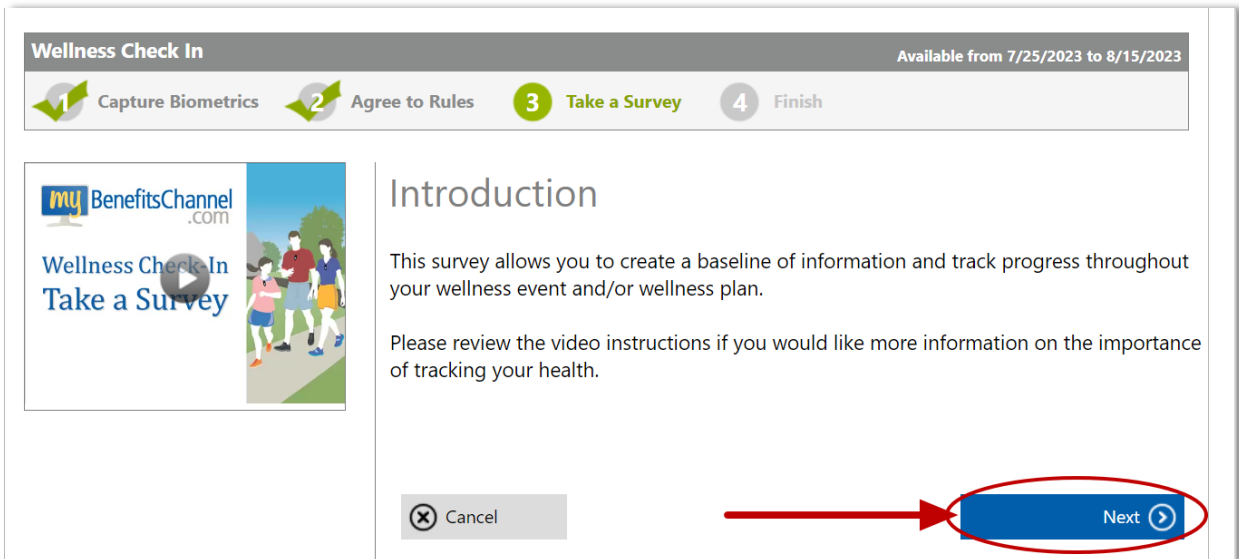
- Read the Rules and click the blue **"I Agree & Continue"** button.



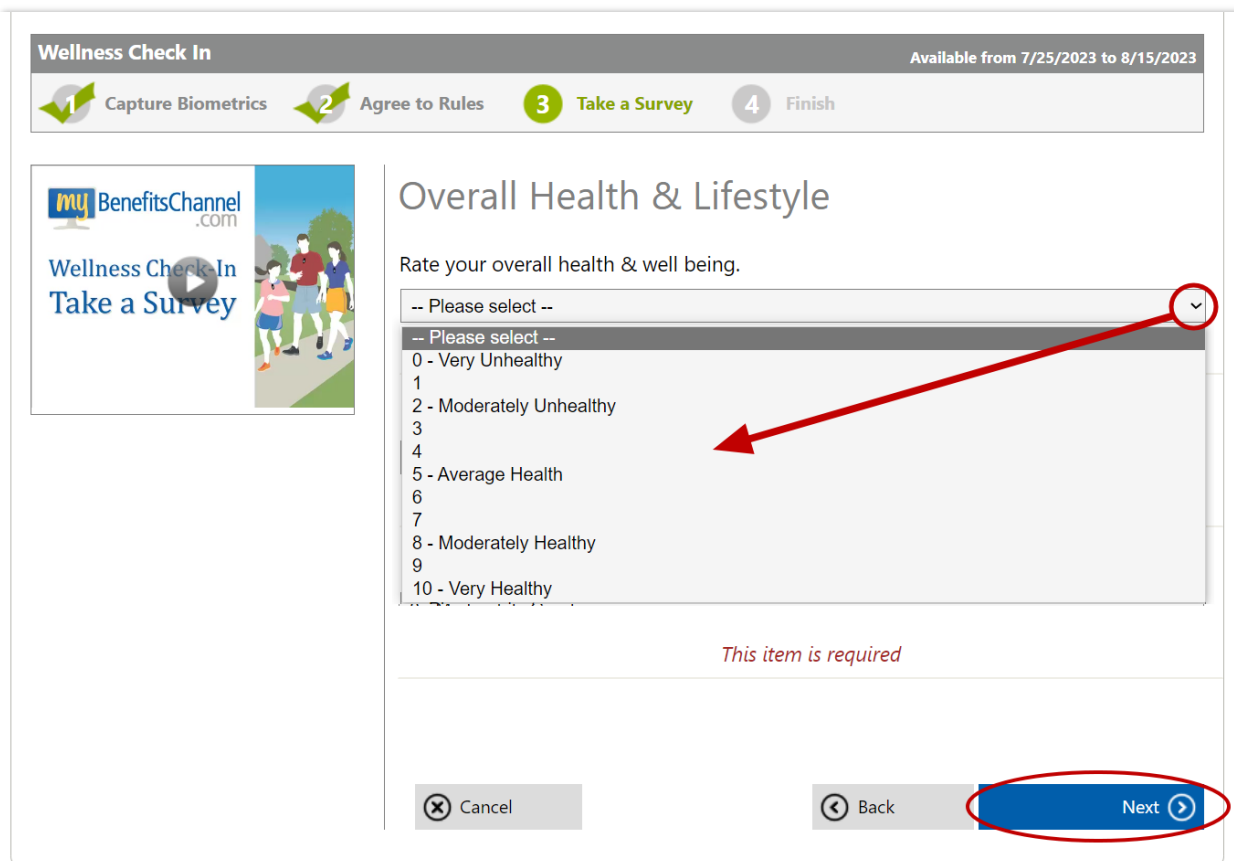


## Step 6: Take the Survey

- Read the Introduction and click the blue **Next** button to continue.



- In the **Overall Health & Lifestyle** survey, answer the questions by clicking on the **down arrow** and selecting the appropriate answer from the dropdown menu (on a scale of 0 to 10). After selecting your answers to each question, click the blue **Next** button.



- Answer the questions in the **Stress, Mood & Mental Well Being** survey and click the blue **Next** button to continue.

**Wellness Check In** Available from 7/25/2023 to 8/15/2023

1 Capture Biometrics 2 Agree to Rules 3 **Take a Survey** 4 Finish

**my** BenefitsChannel.com  
Wellness Check-In  
Take a Survey

## Stress, Mood & Mental Well Being

Rate your mood and overall attitude.

7

*This item is required*

Rate your average stress level.

(Note: Level 10 represents very low stress, Level 0 represents very high stress)

8 - Low Stress

*This item is required*

Rate your ability to handle stress.

5 - Average Tolerance

*This item is required*

Cancel Back **Next**

- Answer the questions in the **Productivity & Work** survey and click the blue **Next** button to continue.

**Wellness Check In** Available from 7/25/2023 to 8/15/2023

1 Capture Biometrics 2 Agree to Rules 3 **Take a Survey** 4 Finish

**my** BenefitsChannel.com  
Wellness Check-In  
Take a Survey

## Productivity & Work

Rate your overall energy level.

5 - Average Energy

*This item is required*

Rate your ability to focus at work.

5 - Average Capacity

*This item is required*

Rate how productive you feel at work.

5 - Average Productivity

*This item is required*

Cancel Back **Next**

## Step 7: Finish the Survey

- After you have completed the survey, you will need to select whether you want to display your name next to your step/credit data in the Group Progress Board or remain anonymous by clicking on the radio button next to the the option. You can change your selection at any time in your Account Settings.
- After making your selection, click the blue **Finish Check-in** button.

Wellness Check In


Available from 7/25/2023 to 8/15/2023

1 Capture Biometrics

2 Agree to Rules

3 Take a Survey

4 Finish



**Check-in Complete!**


You have successfully completed the Wellness Check In.

Best of luck and good health!

**Progress Board Options**

You have the option to display your name next to your step/credit data in the Group Progress Board or to remain anonymous. You may change this setting at any time in your Account Settings.

☒ Show my name  
☐ Show as anonymous



Finish Check-in ✓

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SSL Secure Data

Our privacy policy has been updated. Click here to review.

[Terms of Use](#)
[Privacy Policy](#)
[Notice of Privacy Practices](#)

**Congratulations!** You completed your Wellness Check In!

**Need help or have questions?** Contact My Benefits Channel at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com) or call 800.435.5023. We'll be happy to help!

# How to Complete your Health Assessment

## Step 1: Log-in to MyBenefitsChannel.com

- Log-in using your username and password.
- Are you a new user? Click the “Register Here” button to get started.

## Step 2: Go to your Health Assessment

- In the Wellness Center app, click the Health Assessments button.
- Click the Health Assessment link to begin your health assessment.



Health Assessments

Available Health Assessments				
HEALTH ASSESSMENTS	START DATE	DUE DATE	QUESTIONNAIRE CREDITS	REVIEW CREDITS
<a href="#">Health Assessment Questionnaire</a>		6/15/2017	25	25

## Step 3: Complete your Health Assessment

- Complete the contents of the Health Assessment, answering all of the questions as best as you can. Remember the more accurate your responses/data, the more personalized your Wellness Activities will be.

Health Assessment Questionnaire

Name:

DOB:

Introduction

Health Indicators

Blood Cholesterol

**Welcome to the Health Assessment!**

Assessing your health status, health risks, and various lifestyle choices is an important first step to becoming aware about and improving your overall health. Please review the following important information and then click 'Continue Your Health Assessment' below.

Close

## Step 4: Review Your Results

- After completing your Health Assessment, you will be able to review your Healthy Lifestyle Report. Click the next button to scroll through your results.
- You can also download a PDF version of your Healthy Lifestyle Report or send the results securely to your personal provider with a click of a button!

Health Assessment Review

Close

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Download PDF

Send To Provider

Page 1 of 20 Go Next >>

Healthy Lifestyle Report

After completing the Personal Health Assessment, this report will provide you with information about your current health status. This summary includes the following:

- **Your Current Healthy Lifestyle Score.** An objective measure of your overall healthy lifestyle indicators and health risks.
- **Your Framingham Heart Disease Risk.** An estimate of your risk of heart disease over 10 years, based on the groundbreaking Framingham Heart Study.
- **Know Your Numbers.** A summary of your important biometric data.

**Need help or have questions?** Contact My Benefits Channel at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com)

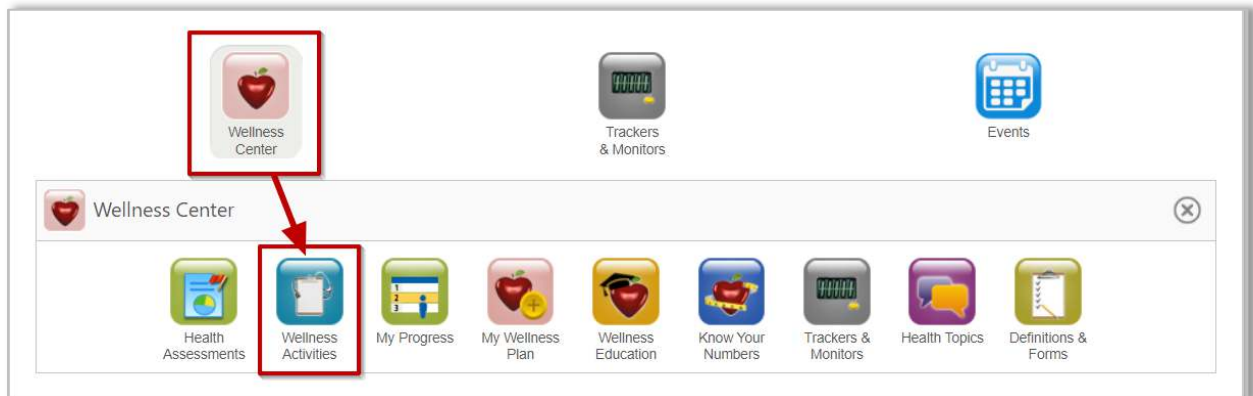
# How to Complete Group Sponsored Activities

## Step 1: Log-in to MyBenefitsChannel.com

- Log-in using your username and password
- If you are new user, click the Register Here button to get started.

## Step 2: Go to Your Wellness Activity List

- Open the "Wellness Center" app by clicking the app button, then click the Wellness Activities button.



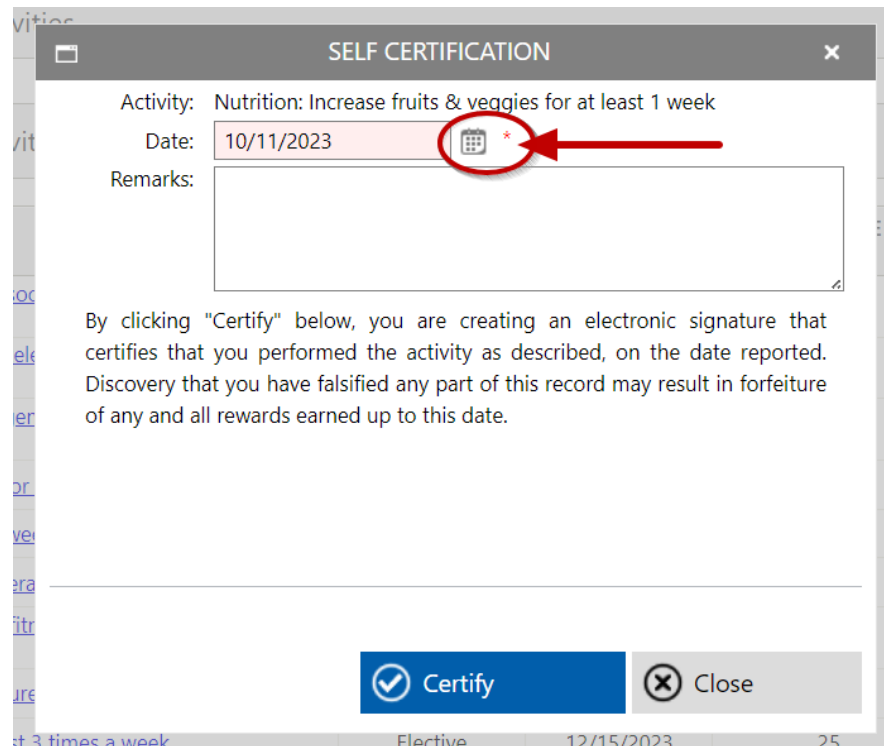
- Open the Group Sponsored Activities list by clicking the header or down arrow if needed. Then, select the activity you would like to complete by clicking the blue link.

Wellness Progress Activities <span>View Progress</span>					
Group Sponsored Activities					
ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
<a href="#">Disconnect from Tech: Reduce your social media screen time to at least 5 hours per week for one month.</a>	Elective	12/15/2023	35		
<a href="#">Disconnect from Tech: Reduce your television screentime at least 10 hours per week for one month.</a>	Elective	12/15/2023	35		
<a href="#">Nutrition: Engage in a weight management program (Nutrisystem, Jenny Craig, Weight Watchers, etc.)</a>	Elective	12/15/2023	100		
<a href="#">Nutrition: Increase fruits &amp; veggies for at least 1 week</a>	Elective	12/15/2023	35		
<a href="#">Nutrition: Increase H2O intake for 2 weeks</a>	Elective	12/15/2023	50		
<a href="#">Nutrition: Substitute sweetened beverages with water for 1 week</a>	Elective	12/15/2023	35		
<a href="#">Physical Activity: Attend the gym or fitness center at least 8 times per month</a>	Elective	12/15/2023	80		
<a href="#">Physical Activity: Go on a hike in nature</a>	Elective	12/15/2023	25		
<a href="#">Physical Activity: Go on a walk at least 3 times a week</a>	Elective	12/15/2023	25		
<a href="#">Physical Activity: Join a gym or fitness center</a>	Elective	12/15/2023	50		

- The Self-Certification pop-up box will open.

### Step 3: Complete the Activity

- Enter the **Date** you completed the activity. Note that the date field pre-populates with the current date. You can change the date by either typing the date in the field or clicking the calendar icon to select the appropriate date. You can type in any remarks in the "Remarks" field, if desired.
- Click the **"Certify"** button to complete the activity.



**SELF CERTIFICATION**

Activity: Nutrition: Increase fruits & veggies for at least 1 week

Date: 10/11/2023

Remarks:

By clicking "Certify" below, you are creating an electronic signature that certifies that you performed the activity as described, on the date reported. Discovery that you have falsified any part of this record may result in forfeiture of any and all rewards earned up to this date.

- **Note:** By clicking the "Certify" button, you are creating an electronic signature that certifies that you performed the activity as described, on the date reported. Discovery that you have falsified any part of this record may result in forfeiture of any and all rewards earned up to this date.

Your credits will be displayed along with a green check mark in the status column indicating you have completed that activity.

Group Sponsored Activities					
ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
<a href="#">Disconnect from Tech: Reduce your social media screen time to at least 5 hours per week for one month.</a>	Elective	12/15/2023	35		
<a href="#">Disconnect from Tech: Reduce your television screentime at least 10 hours per week for one month.</a>	Elective	12/15/2023	35		
<a href="#">Nutrition: Engage in a weight management program (Nutrisystem, Jenny Craig, Weight Watchers, etc.)</a>	Elective	12/15/2023	100		
<a href="#">Nutrition: Increase fruits &amp; veggies for at least 1 week</a>	Elective	12/15/2023	35	35	✓
<a href="#">Nutrition: Increase H2O intake for 2 weeks</a>	Elective	12/15/2023	50		

Need help or have questions? Contact at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com). We're happy to help!



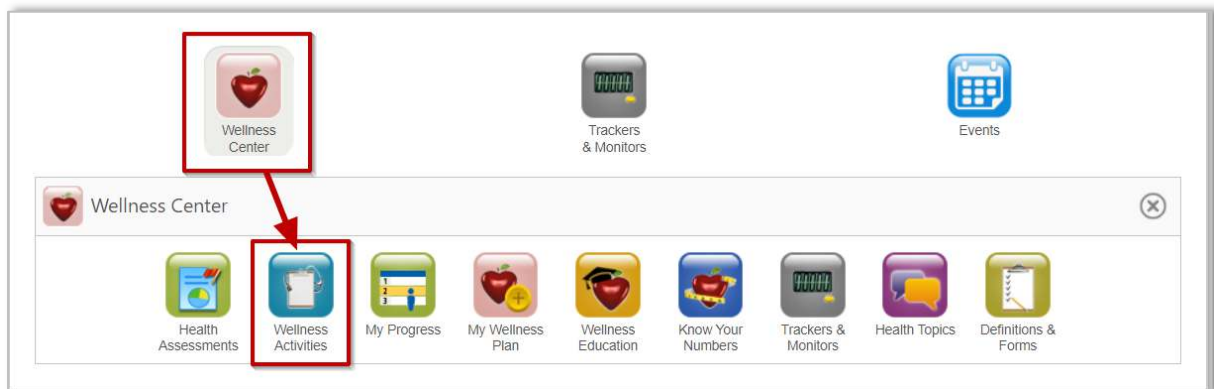
## How to Complete Prevention Activities (Self-Certify)

### Step 1: Log-in to MyBenefitsChannel.com

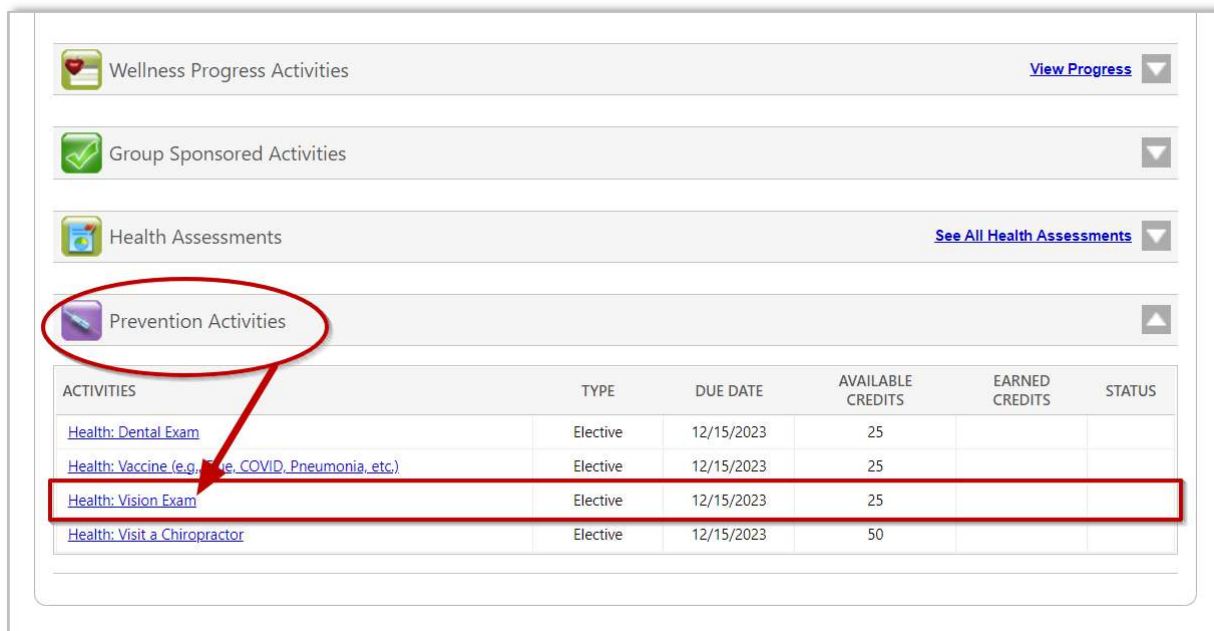
- Log-in using your username and password
- If you are new user, click the Register Here button to get started.

### Step 2: Go to Your Wellness Activity List

- Open the “Wellness Center” app by clicking the app button, then click the Wellness Activities button.



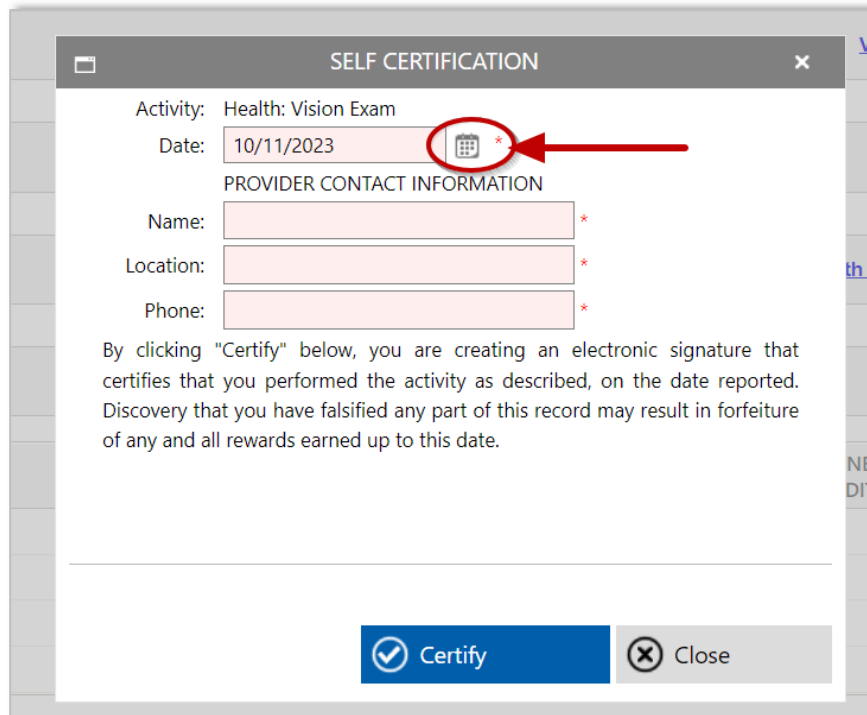
- Open the Prevention Activities list by clicking the header or down arrow. Then, select the activity you would like to complete by clicking the blue link.



- The Self-Certification pop-up box will open.

### Step 3: Complete the Activity

- Fill-in the required fields, the **Date** and **Provider Contact Information** (Name, Location and Phone). The date box will pre-populate with the current date. You can change the date by clicking on the calendar icon.
- After entering data in the required fields, click the **"Certify"** button to complete the activity.



- **Note:** By clicking the "Certify" button, you are creating an electronic signature that certifies that you performed the activity as described, on the date reported. Discovery that you have falsified any part of this record may result in forfeiture of any and all rewards earned up to this date.

Your credits will be displayed along with a green check mark in the status column indicating you have completed that activity.

Prevention Activities					
ACTIVITIES	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
<a href="#">Health: Dental Exam</a>	Elective	12/15/2023	25		
<a href="#">Health: Vaccine (e.g., Flu, COVID, Pneumonia, etc.)</a>	Elective	12/15/2023	25		
<a href="#">Health: Vision Exam</a>	Elective	12/15/2023	25	25	✓
<a href="#">Health: Visit a Chiropractor</a>	Elective	12/15/2023	50		

Need help or have questions? Contact at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com). We're happy to help!

# How to Complete Wellness Education Courses

## Step 1: Log in to your account at MyBenefitsChannel.com

- Enter your username and password and click the Log In button.

## Step 2: Go to the Wellness Center

- Click the **Wellness Center icon** on the homepage. Next, click the **Wellness Education icon** from the options displayed in the wellness center.



## Step 3: Select the Wellness Course

- Click on a **category** to view the list of courses. Next, click on the **course name** to open the course.

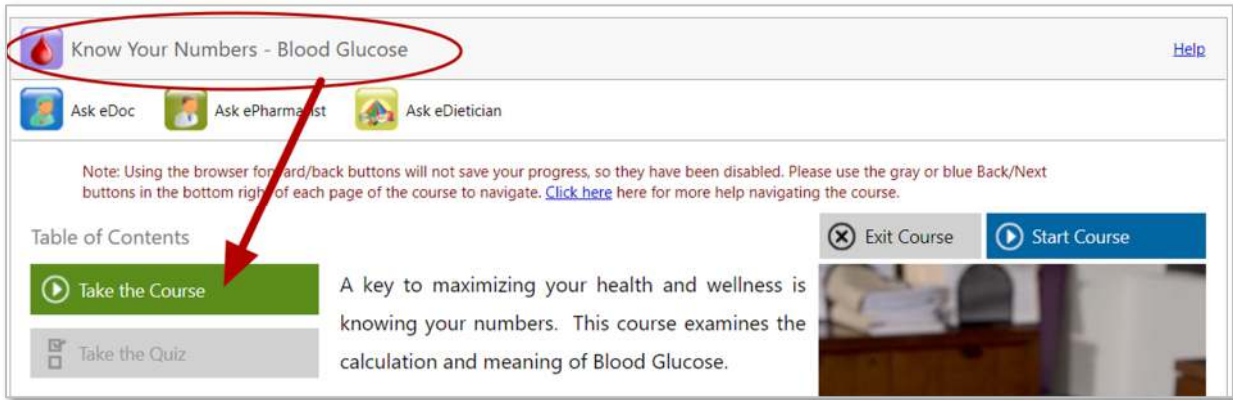
 A screenshot of the Wellness Center page. At the top, there are five icons: 'Wellness Tutorial' (red apple), 'Wellness Activities' (blue clipboard), 'My Progress' (green bar chart), 'Wellness Education' (yellow apple with a graduation cap), and 'Trackers & Monitors' (digital scale). Below these is a 'Wellness Center' header. Underneath the header, there are two expandable sections: 'Wellness - Alcohol Use' and 'Wellness - Blood Glucose'. A red arrow points to the 'Wellness - Blood Glucose' section. Below these sections is a table of courses.
 

CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS
<a href="#">Are You in Control of Your Blood Sugar?</a>	Elective		10		
<a href="#">Being Active with Diabetes</a>	Elective		10		
<a href="#">Know Your Numbers - Blood Glucose</a>	Elective		15		
<a href="#">Prediabetes: Are you at risk?</a>	Elective		15		

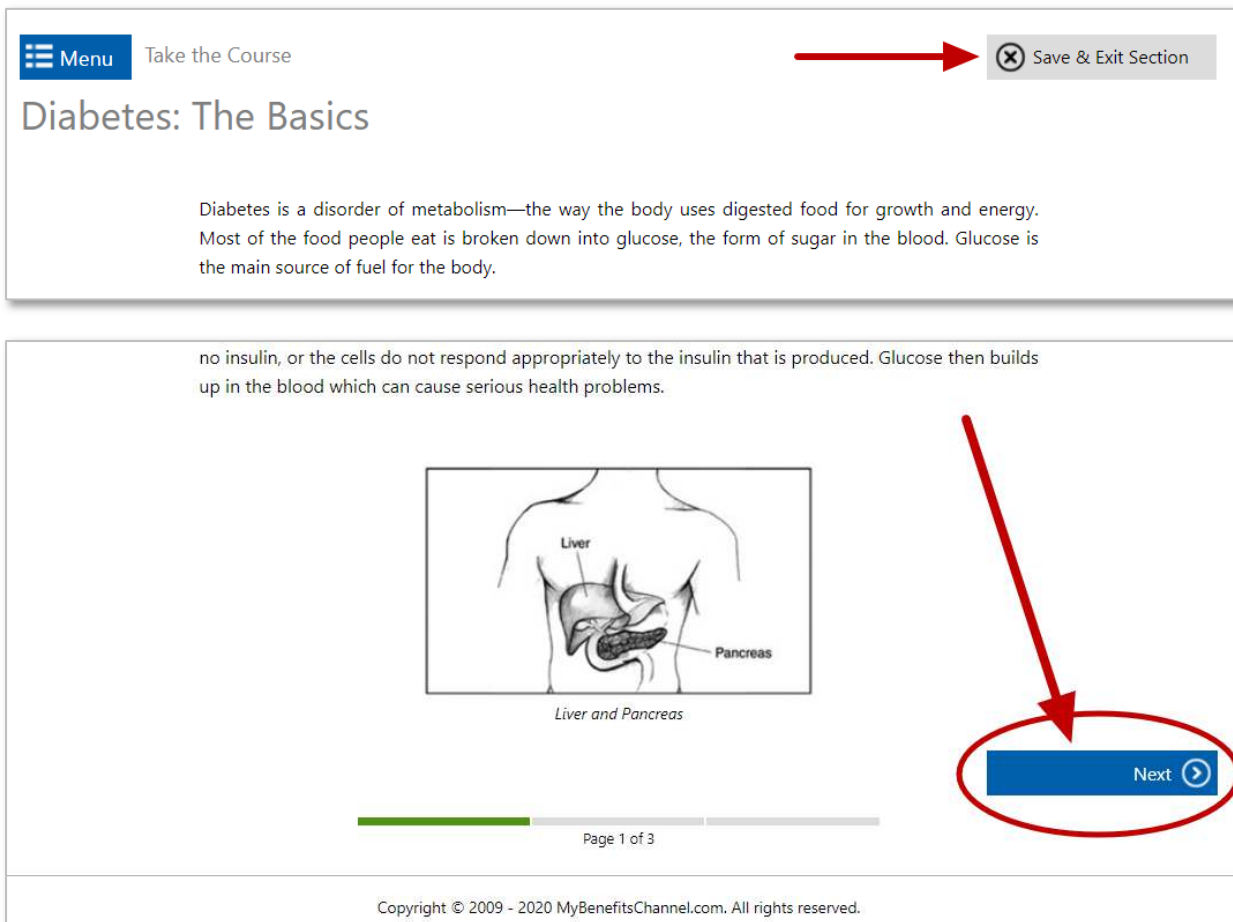
# How to Complete Wellness Education Courses

## Step 4: Take the Course

- Click the **Take Course** green button to start the course and review the content.



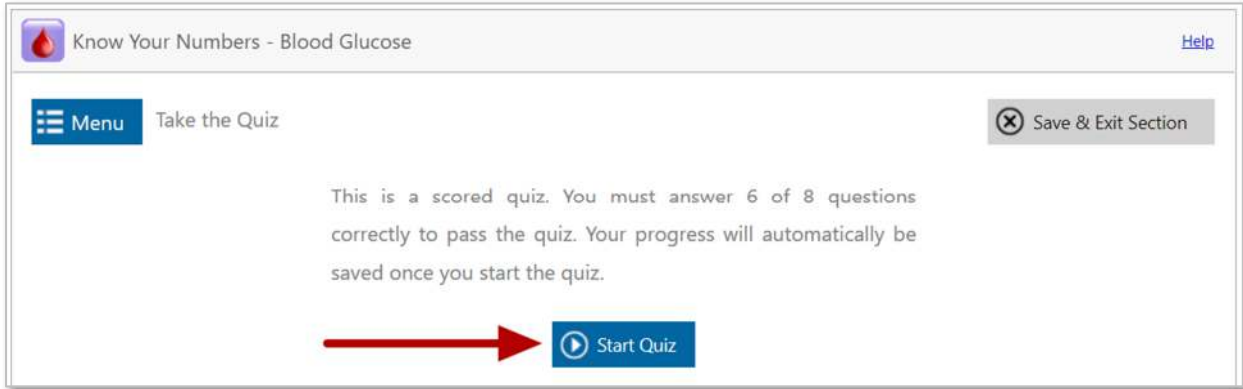
- Click the **Next** button at the bottom of the page to continue through each page of the course. At any time you can click the **Save & Exit** button at the top of the page to complete the course at a later date.



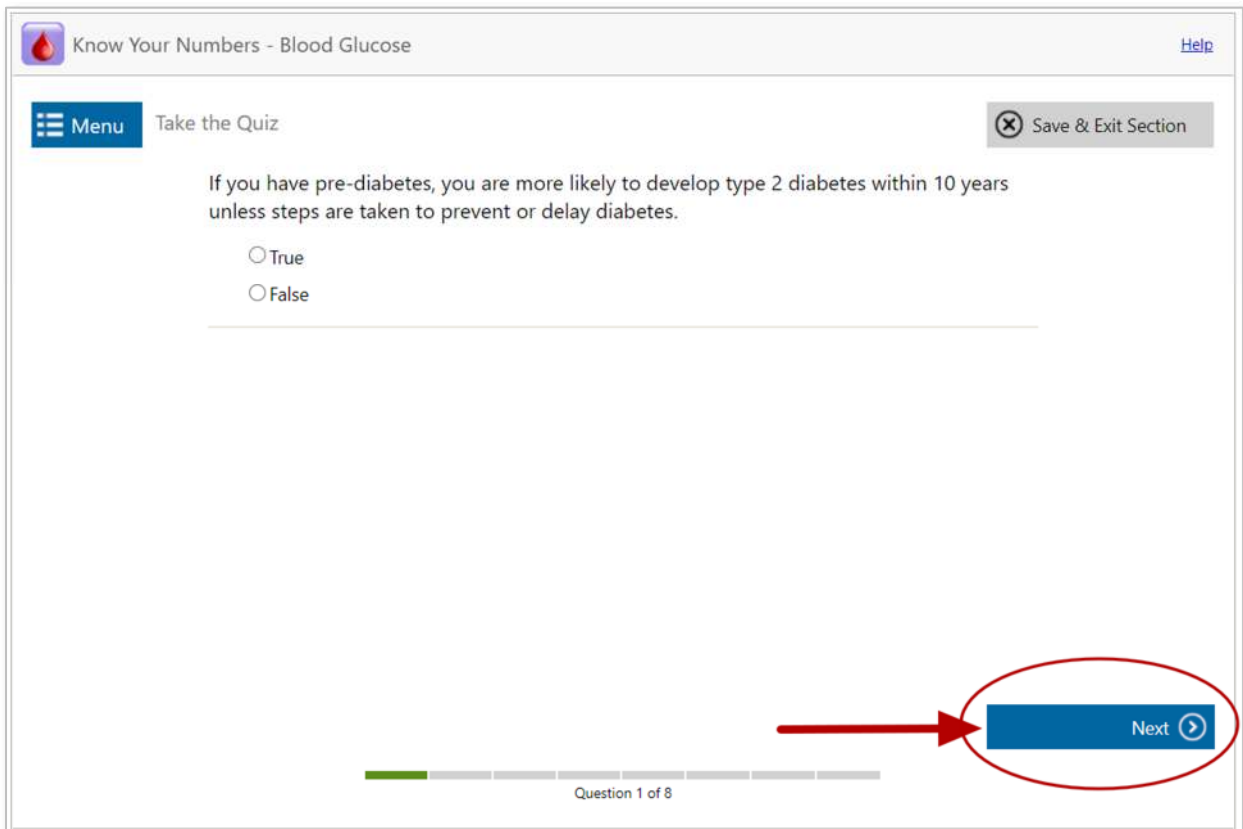
# How to Complete Wellness Education Courses

## Step 5: Take the Course Quiz

- After reviewing the course contents, click the **Start Quiz** button to begin the course quiz.



- Select the answer to the question, then click the **Next** button at the bottom of the page to continue through the quiz.



## How to Complete Wellness Education Courses

- After answering all questions, click the **Finish** button at the bottom of the page.

Know Your Numbers - Blood Glucose [Help](#)

Menu Take the Quiz Save & Exit Section

Pre-diabetes is also called \_\_\_\_\_.

☐ Impaired fasting glucose  
☐ Impaired glucose tolerance  
☒ All of the above  
☐ None of the above

Back Finish ✓

Question 8 of 8

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If you answered the required number of questions correctly, you will see **“Congratulations, you passed this quiz”**. To review your answers, click the button **“Review your responses”**. You must click the **Finish Course** button to complete the course and earn credit.

Know Your Numbers - Blood Glucose [Help](#)

Menu Take the Quiz Save & Exit Section

**Congratulations, you have passed this quiz.**

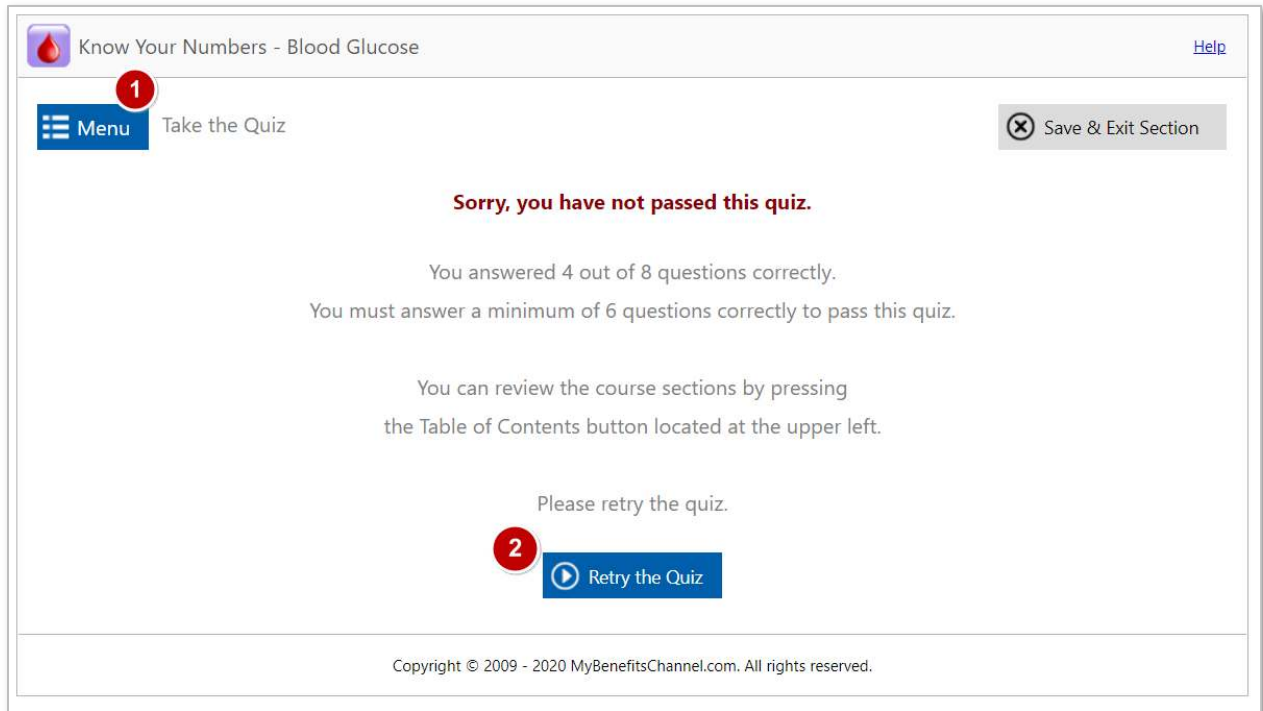
You answered 6 out of 8 questions correctly.

Review your responses Finish Course ✓



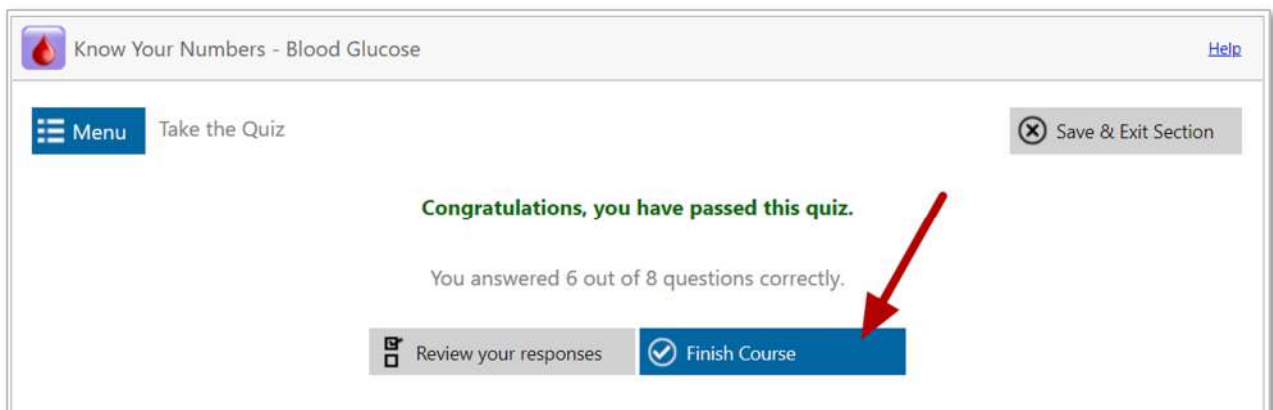
# How to Complete Wellness Education Courses

If you did not answer the required number of questions correctly, you will see **“Sorry, you have not passed the quiz”**. You can review the course sections by clicking the **Menu** button **(1)** and selecting **“Take the Course”**. Click **“Retry the Quiz”** **(2)** to take the quiz again.



## Step 6: Finish Course

- After passing the quiz, click the **Finish Course** button.

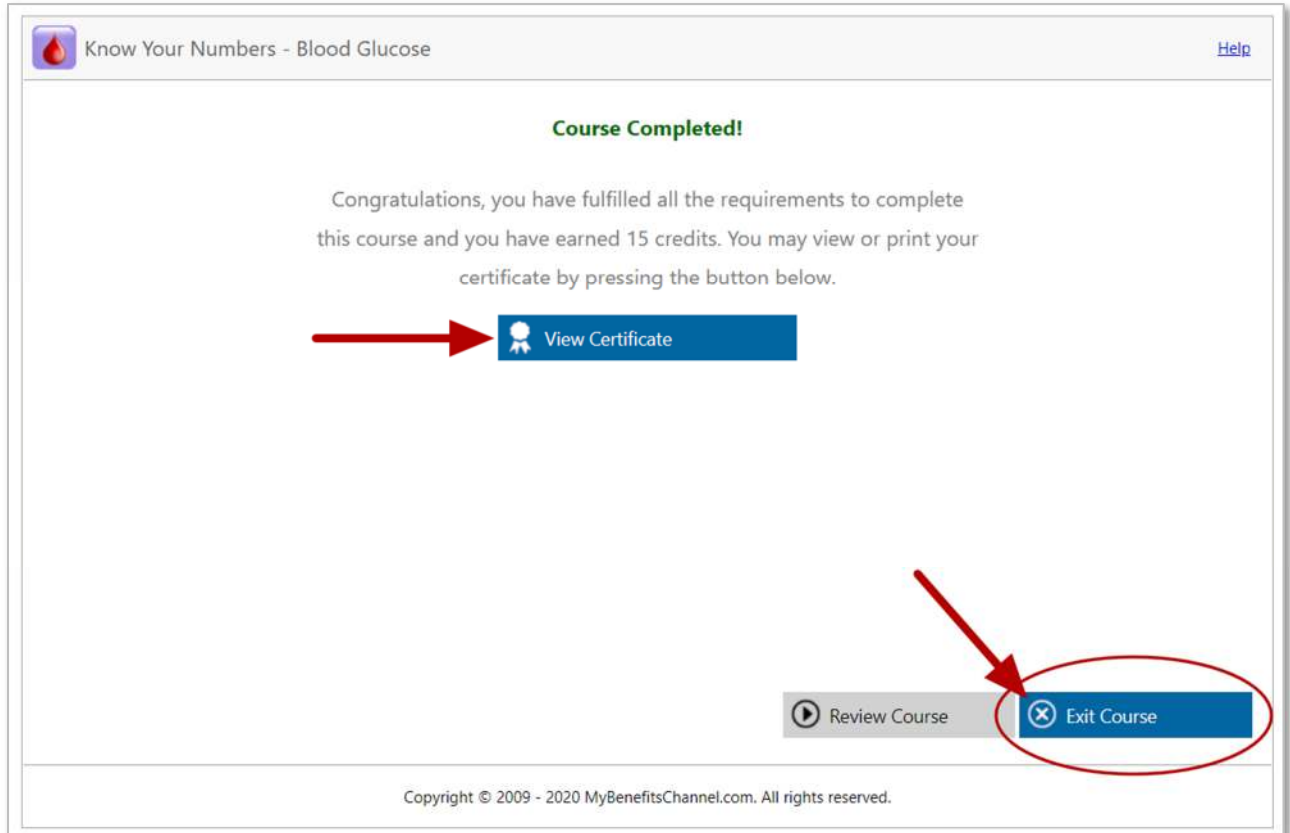


The message **“Course Completed!”** will be displayed, as shown on the following page, stating that you fulfilled the requirements to complete the course and earned credit.

# How to Complete Wellness Education Courses

## Step 7: View Certificate of Completion

- Click **View Certificate** to view or print your certificate of completion.



Click **Exit Course** to return to the Wellness Education Courses. The course you completed will now have a green check mark in the status column and you will see your earned credits.

Wellness - Blood Glucose						
CATEGORY	TYPE	DUE DATE	AVAILABLE CREDITS	EARNED CREDITS	STATUS	
<a href="#">Are You in Control of Your Blood Sugar?</a>	Elective		10			
<a href="#">Being Active with Diabetes</a>	Elective		10			
<a href="#">Know Your Numbers - Blood Glucose</a>	Elective		15	15		
<a href="#">Prediabetes: Are you at risk?</a>	Elective		15			
<a href="#">Type 1 or 2?</a>	Elective		10			
<a href="#">Your Diet with Diabetes</a>	Elective		10			

# How to Log Data in Trackers & Monitors in MBC

## Log-in to MyBenefitsChannel.com

- Log-in using your username and password and click Login. If you are new user, click the Register Here button to register your account.

## Navigate to Trackers & Monitors

- Click the **Trackers & Monitors** icon, on the home page to view the tracker options.

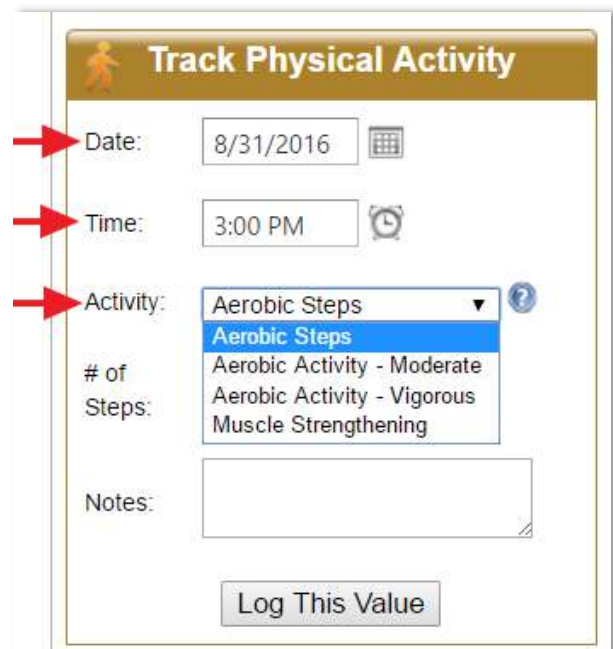


## How to Track Physical Activity

- Click the Physical Activity icon.



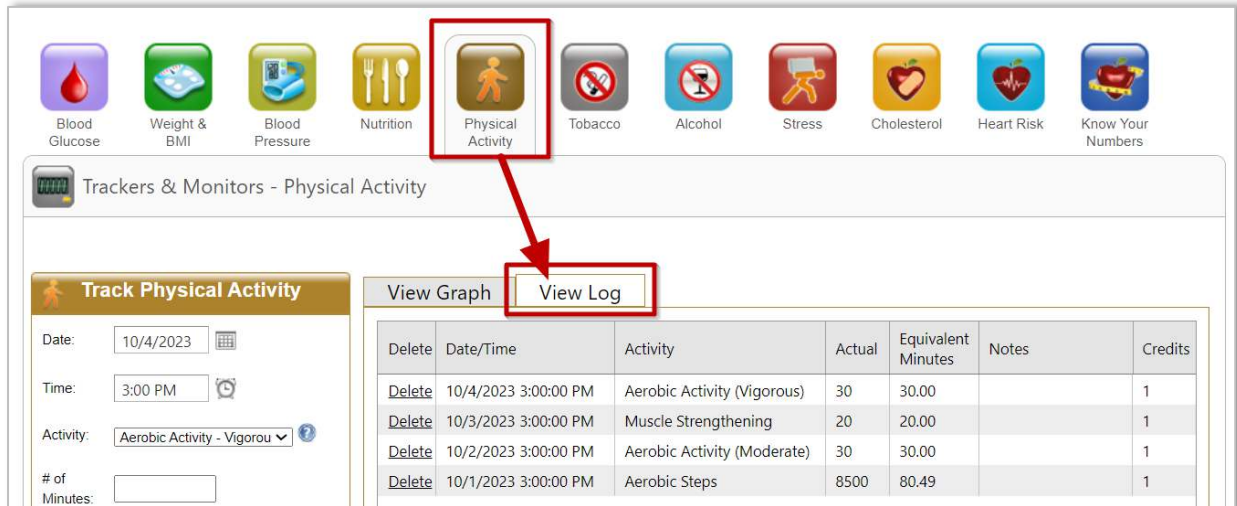
- In the box labeled “**Track Physical Activity**”, select/enter the appropriate Date and Time you completed the activity.
- From the Activity drop down field, select the activity you performed from the list of options - Aerobic Steps, Aerobic Activity-Moderate, Aerobic Activity-Vigorous or Muscle Strengthening.
  - If you select **Aerobic Steps**, enter the number of **steps**.
  - If you select **Aerobic Activity or Muscle Strengthening**, enter the number of **minutes**.
- Click “**Log this Value**” to save your data.



The screenshot shows the 'Track Physical Activity' form. Red arrows point to the 'Date' field (8/31/2016), the 'Time' field (3:00 PM), and the 'Activity' dropdown menu. The dropdown menu is open, showing options: 'Aerobic Steps' (selected), 'Aerobic Activity - Moderate', 'Aerobic Activity - Vigorous', and 'Muscle Strengthening'. Below the dropdown is a field for '# of Steps' and a 'Notes' text area. At the bottom is a 'Log This Value' button.

## How to view logged Physical Activity

- In the Physical Activity Tracker, click the **View Log** tab to view your logged activities and earned credits.



Trackers & Monitors - Physical Activity

**Track Physical Activity**

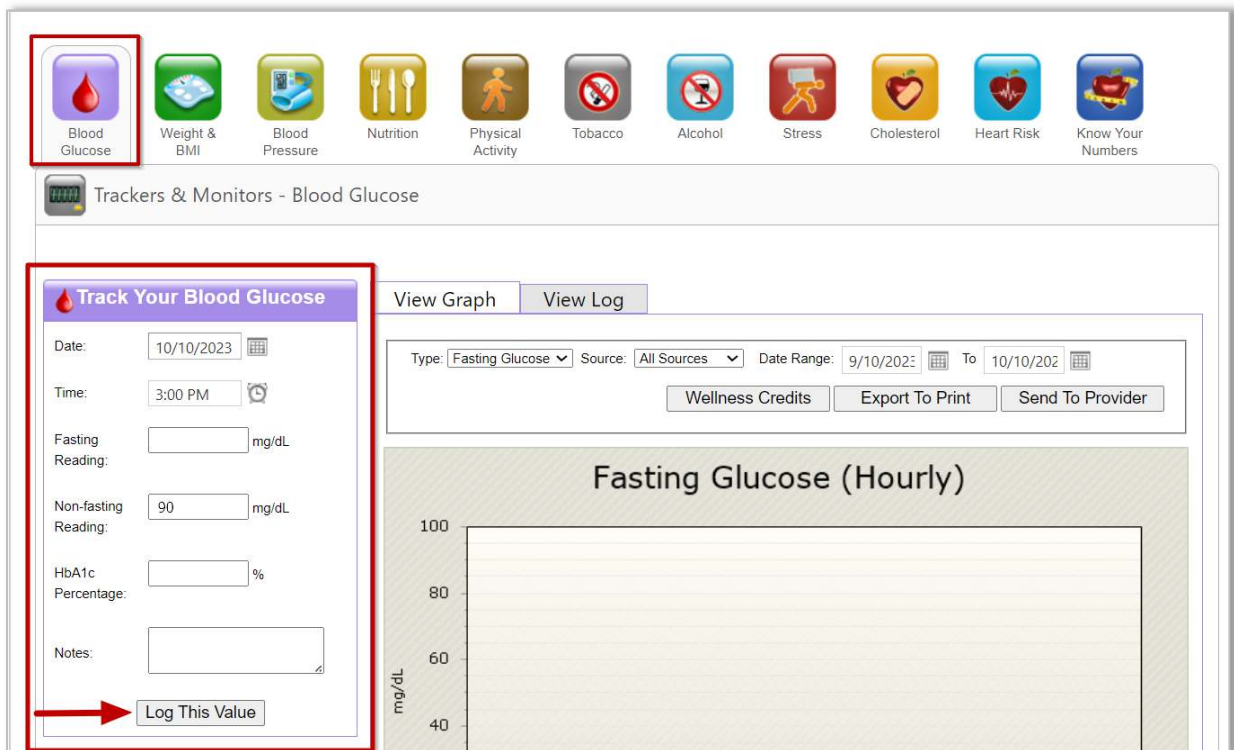
Date: 10/4/2023  
Time: 3:00 PM  
Activity: Aerobic Activity - Vigorous  
# of Minutes:

**View Graph** **View Log**

Delete	Date/Time	Activity	Actual	Equivalent Minutes	Notes	Credits
Delete	10/4/2023 3:00:00 PM	Aerobic Activity (Vigorous)	30	30.00		1
Delete	10/3/2023 3:00:00 PM	Muscle Strengthening	20	20.00		1
Delete	10/2/2023 3:00:00 PM	Aerobic Activity (Moderate)	30	30.00		1
Delete	10/1/2023 3:00:00 PM	Aerobic Steps	8500	80.49		1

## How to Log Data in other Trackers

- Select the Tracker (example "Blood Glucose"), from the available options in Trackers & Monitors.
- Enter the **Date**, **Time**, and either Fasting Reading, Non-fasting Reading and/or HbA1c Percentage, whichever is applicable.
- Click "**Log This Value**" to save your data.



Trackers & Monitors - Blood Glucose

**Track Your Blood Glucose**

Date: 10/10/2023  
Time: 3:00 PM  
Fasting Reading: mg/dL  
Non-fasting Reading: 90 mg/dL  
HbA1c Percentage: %  
Notes:

**Log This Value**

**View Graph** **View Log**

Type: Fasting Glucose Source: All Sources Date Range: 9/10/2022 To 10/10/2022

Wellness Credits Export To Print Send To Provider

**Fasting Glucose (Hourly)**

mg/dL

100  
80  
60  
40

Need help or have questions? Contact MyBenefitsChannel at [support@mybenefitschannel.com](mailto:support@mybenefitschannel.com)