

Signing up for the WellPlus portal

1) Go to <https://WellPlus.pplusic.com>, which will open the following page:



WellPlus

Login:

Username:

Password:

GO

REGISTER NEW ACCOUNT

[Forgot password?](#) | [Forgot username?](#)

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 Physicians Plus
The point of everything we do is you.

2) **First-time users should select the “Register New Account” tab (as shown above)**
Be sure to have your Physicians Plus Member Card when creating your account.
(You will need your Member Number from your ID card.)

3) Complete your personal profile

Only sections with a red asterisk (*) are required but we encourage you to provide as much information as possible.

WellPlus

Sign Up

First time users must establish an account so that you can access your health and wellness portal.

Please note: WellPlus Demo does not sell or lease email addresses. All personal contact information entered here remains confidential and is used for your personal use only.

* indicates required field

Account Setup

Language ⁱ
English - United States

Username *

Password *
(max 20 characters)
[+ Password requirements](#)

Retype password *

Password challenge question 1 *
-- Select a password challenge question --

Answer *

Password challenge question 2 *
-- Select a password challenge question --

Answer 2 *

Password challenge question 3 *
-- Select a password challenge question --

Answer 3 *

Member Number *
11 digit # Exactly as shown on your member card

Email address *

Retype email address *

Zip code *

Member Information

Nick Name *
This will appear on the challenge board

Name *
Name exactly as it appears on your Physicians Plus ID card

First Middle Last

Date of birth *
mm / dd / yyyy

Sex *
 Male
 Female

Ethnic background
Not specified

Activity level
Little or no exercise, office job

Fitness goal
Heart healthy

 **Next**

4) Select the “Next” tab on the bottom-right corner of the page (shown above) to continue on to the next page.

5) Complete your personal health details

By completing the personal health details, the information will populate in some of the tools on your WellPlus homepage. The progress bars on the WellPlus home page will not register a status unless you enter a weight goal and complete the personal health assessment.

Profile

Data Required
Please enter information for this page

This page requires the information below in order to function correctly. Closing this window without providing this information will cause this page to not display.

* indicates required field

Edit Information

Personal Details

Health Details

Height *
5 feet 6 inches

Current weight *
155 lbs

Goal/Ideal weight *
145 lbs

Weight goal

- Gain weight - 2 lbs per week
- Gain weight - 1 lb per week
- Maintain weight
- Lose weight - 1 lb per week
- Lose weight - 2 lbs per week

Save And Continue

6) Select the “Save and Continue” tab on the bottom of the page (shown above) to continue on to the next page.

7) Once your account is created, you will be taken to your welcome page:

WellPlus

Personal Health Assessment | Wellness | Nutrition | Exercise | Community | Incentives | Contact Us

Welcome to WellPlus

Welcome to your personalized wellness program. This platform is your key to realizing a healthier, happier lifestyle. You have the power to proactively gain control and transform your life. Using an extensive array of interactive tools, you can easily plan your fitness, dietary and health goals. This site was designed for you, so let's get started on your journey of "Living Well in the New World."

Quick Start - Listed below are three simple actions that can help you get started.

This site has been structured to allow you to start slowly and go at your own pace.

- 1 Complete Your Personal Health Assessment** - Following the initial setup of your profile, it is recommended that you complete the Personal Health Assessment. The Personal Health Assessment, found in the 'Health' section, is a series of questions pertaining to your health, diet, fitness and lifestyle. This survey will help track your current health, identify any health-related risk factors, and create a baseline from which to measure your performance and success. The Personal Health Assessment is approximately 40 questions long and takes approximately 10-15 minutes to complete. You can save and update the assessment at any time.
- 2 Track Your Daily Food Intake** - Tracking your daily food intake is an essential skill of a healthy lifestyle. The Meal Planner and Food Log can help you meet your nutrition goals, accurately plan and track your meals and analyze your daily caloric intake. To begin, simply go to the 'Nutrition' tab from the navigation on your dashboard. We recommend you track your entire food intake for at least 2 weeks to get a clear understanding of your current eating habits and daily caloric intake.
- 3 Become Physically Active** - Becoming physically active is one of the most important changes you need to make in order to transform your lifestyle. Whether you are a beginner, or a seasoned athlete, the use of the Exercise Plan, Exercise Logs and Pedometer Tracker will help you to plan and track your progress in helping you to reach your fitness goals. To begin, click on the 'Exercise' tab from the navigation on your dashboard. We suggest starting slowly and building your duration and intensity over time.

Get started right away by filling out the Personal Health Assessment to better understand your current health and potential health risks.

<FIRST> <MIDDLE> <LAST>'S
HEALTH ASSESSMENT REPORT

Report Date: current

Wellness Score: 42

Based on your answers, you are at **HIGH** risk for chronic health issues. These are the top health-related behavior changes you can make to improve your overall health risks.

Blood Pressure: 140/90

GET STARTED

| | |
|-----------------------------|-------------|
| Your Current BMI: | 25 |
| A Healthy BMI: | 19 - 24 |
| Your Current Weight: | 155 |
| Your Goal Weight: | 145 |
| Your Target Daily Calories: | 1901 - 1901 |

8) Select the "Get Started" tab on the bottom of the page (shown above) to access the WellPlus page.

9) Familiarize yourself with the WellPlus Home Page

From the WellPlus home page you can complete the personal health assessment, access the tracking tools, enroll in a workshop, sync up a fitness device and explore the health library and other tools.

The screenshot displays the WellPlus home page. At the top left is the 'WellPlus' logo. To the right, a user profile for 'Ash' is shown with links for 'Dashboard' and 'Logout'. Below the logo is a navigation bar with the following menu items: 'Personal Health Assessment', 'Wellness', 'Nutrition', 'Exercise', 'Community', 'Incentives', and 'Contact Us'. The main content area features four large image tiles: 'Health Assessment' (a man at a laptop), 'Wellness Workshop' (a woman in a yoga pose), 'Track Your Rewards' (a family with a car), and 'Track Your Exercise' (a couple on a treadmill). Below these tiles is a 'Start Here' section with a vertical list of buttons: 'Personal Health Assessment', 'Exercise Log' (with subtext 'Enter today's exercise'), 'Food Log' (with subtext 'Enter today's foods'), 'Weight Log' (with subtext 'Enter today's weight'), 'Classes & Events' (with subtext 'Sign up for an onsite class'), and 'Wellness Workshops' (with subtext 'Sign up for a workshop'). To the right of this list is a large image of a family in a kitchen. Below the kitchen image is an 'Upcoming Events' section featuring a card for 'Lunch and Learn' from 'November 13, 2015 to December 25, 2015' with a 'View all events' link. Further right are two orange call-to-action buttons: 'Get HealthyNow!' and 'Connect Your Apps & Devices'. At the bottom right is a 'Resources' section with a list of links: 'Personal Health Assessment', 'Choose a Meal Plan', 'Create Exercise Plans', 'Challenge History', 'Sync Up Your Fitness Device', 'Health Library', 'Contact Us', and 'Physicians Plus Homepage'.

For more information or questions regarding the WellPlus portal, please contact Member Services at (608) 282-8900 or (800) 545-5015.