



HOW TO VIEW WELLNESS WEBINARS



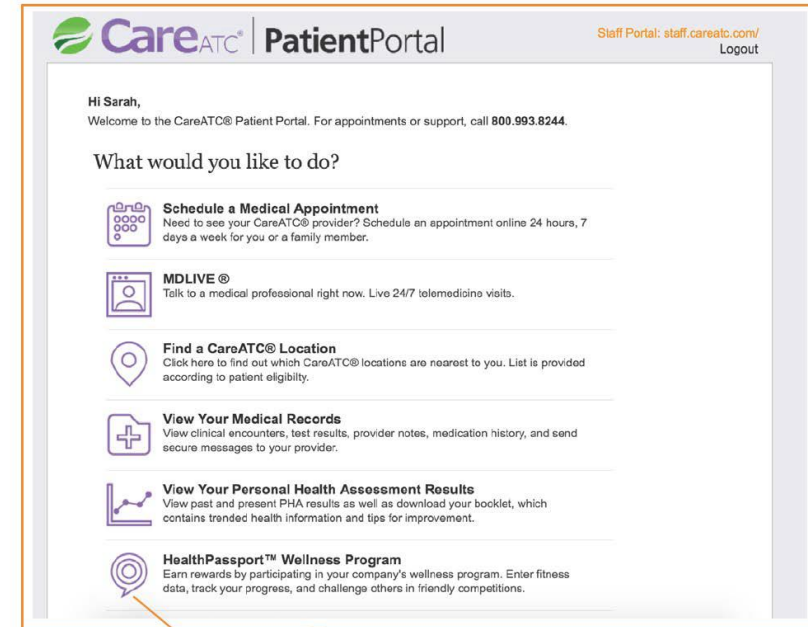
Login to CareATC.com

- ✓ Visit - <https://www.careatc.com>
- ✓ Login with your CareATC Username and Password *
- ✓ Click on the **HealthPassport Icon**

* If you do not remember your user name and password, please contact the CareATC Patient Access Center to obtain a temporary user name and password.

* Patient Access Center: **(800) 993-8244**

* Once in, please go to your personal profile to update your password



The screenshot shows the CareATC Patient Portal interface. At the top, there is a header with the CareATC logo, the text "PatientPortal", and a "Staff Portal: staff.careatc.com/ Logout" link. Below the header, a greeting reads "Hi Sarah, Welcome to the CareATC® Patient Portal. For appointments or support, call 800.993.8244." A section titled "What would you like to do?" contains several menu items, each with an icon and a brief description: "Schedule a Medical Appointment" (calendar icon), "MDLIVE @" (person icon), "Find a CareATC® Location" (location pin icon), "View Your Medical Records" (plus sign icon), "View Your Personal Health Assessment Results" (line graph icon), and "HealthPassport™ Wellness Program" (target icon). A callout bubble with a purple target icon is positioned below the screenshot, pointing to the "HealthPassport™ Wellness Program" menu item.



Viewing a Wellness Webinar



- Home
- My Incentives
- Library
- Wild on Walking
- Resources

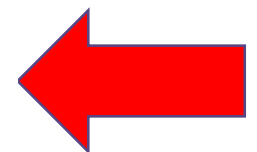


Click here to access the Wild on Walking challenge! >

WELLNESS INCENTIVE STEPS



**You must complete 2 wellness items to receive credit. No partial credit will be awarded or displayed.*



Select a Wellness Webinar



Welcome Lindsey

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> Well Webinars

- Healthy Substitutions
- Maintaining a Healthy Lifestyle
- Meal Makeovers
- Nutrition Principles
- Smart Snacking
- Smart Summer Selections
- Stress Management
- Wholesome Whole Grains

Tobacco Certification

Well Webinars

Home > Wellness Incentives > Well Webinars

Please check back soon for more Wellness Webinar topics.

Healthy Substitutions

Maintaining a Healthy Lifestyle

Meal Makeovers

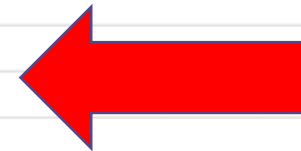
Nutrition Principles

Smart Snacking

Smart Summer Selections

Stress Management

Wholesome Whole Grains



View Webinar and Answer Questions

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Well Webinars


- **Healthy Substitutions**
- Maintaining a Healthy Lifestyle
- Meal Makeovers
- Nutrition Principles
- Smart Snacking
- Smart Summer Selections
- Stress Management
- Wholesome Whole Grains

➤ **Tobacco Certification**


Healthy Substitutions

Home > Wellness Incentives > Well Webinars > Healthy Substitutions

Breakfast Cereal



Instead of:
Cream of wheat or instant oatmeal with added sugar



Choose:
Plain oatmeal
Add some nuts and fresh or dried fruit!

55:34

Healthy Substitutions Quiz

Please complete the following assessment. To pass you must achieve a score of 100%.

[Start Assessment](#)

[en/en/home/wellness-incentives/tobacco-certification/](https://www.careatc.com/en/home/wellness-incentives/tobacco-certification/)

Wellness Webinar Deadline



Deadline to complete your Wellness Webinar Incentive is:

November 13, 2018

Thank you