

Progress is Personal

WebMD One Portal can help you achieve better well-being, at your pace.



Health goals happen differently for all of us. With **WebMD One Portal**, you'll get the support you need to stay focused on improving your own self-care— from starting a fitness routine to setting aside time to rest.

Find support every step of the way:

- **Know where to start** – The health assessment provides a personalized health report and recommendations.
- **Track your progress** – Use the Daily Habits tool for day-to-day support with a wide range of goals.
- **Watch and listen** – Enjoy exercise videos, mental health podcasts and more.
- **Sync up** – Visit the Device and App Connection Center to track and upload activity with a fitness device or app.
- **See results** – View your Health Record securely, in one place on the portal.
- **Get expert support** – A WebMD Health Coach can help you stay motivated and achieve more.

<https://webmdhealth.com/harrishealthsystem/>

Download our app

1. Visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code:
HEALTHY@HARRIS.
3. Register a new account and personalize your experience by answering a few questions.

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Earn 20 Wellness Points each day you achieve 10,000 steps!

Employee Wellness can only credit points for steps achieved via the WebMD One Portal. Other activities will not be credited.