



# Getting Started with WebMD One

Presented by the  
Healthy@Harris Employee Wellness Team

**HARRISHEALTH SYSTEM**

# What is WebMD One?

WebMD One is the new platform for earning 20 wellness points for achieving 10,000 steps per day tracked by your fitness device.



# Which devices can I use with WebMD One?

WebMD One supports most activity trackers, including Fitbit, Garmin, Apple Health and Google Fit.

Wellness Points are only rewarded for steps tracked using a fitness device. Self-reported/logged steps will not count.

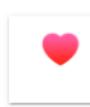
## Connection Center

Find your device or app and link its data to help you reach your health goals.



★ Sync your device to track and achieve your goals

**Available**  
Get connected! Simply choose your device, sync with WebMD, and start tracking

 Wellness at Your Side <small>CONNECT</small>	 Apple Health <small>DETAILS</small>	 Google Fit <small>DETAILS</small>
 BodyTrace Blood Pressure <small>CONNECT</small>	 BodyTrace Scale <small>CONNECT</small>	 Fitbit <small>CONNECT</small>
 Garmin Connect <small>CONNECT</small>	 iHealth <small>CONNECT</small>	 Misfit <small>CONNECT</small>

# Let's get started!

## Go to the WebMD One Login Page

Go to  
[webmdhealth.com/harrishealthsystem](https://webmdhealth.com/harrishealthsystem)

or

Scan the QR code to download the  
**Wellness At Your Side app** (required for  
Apple Health and Google Fit).

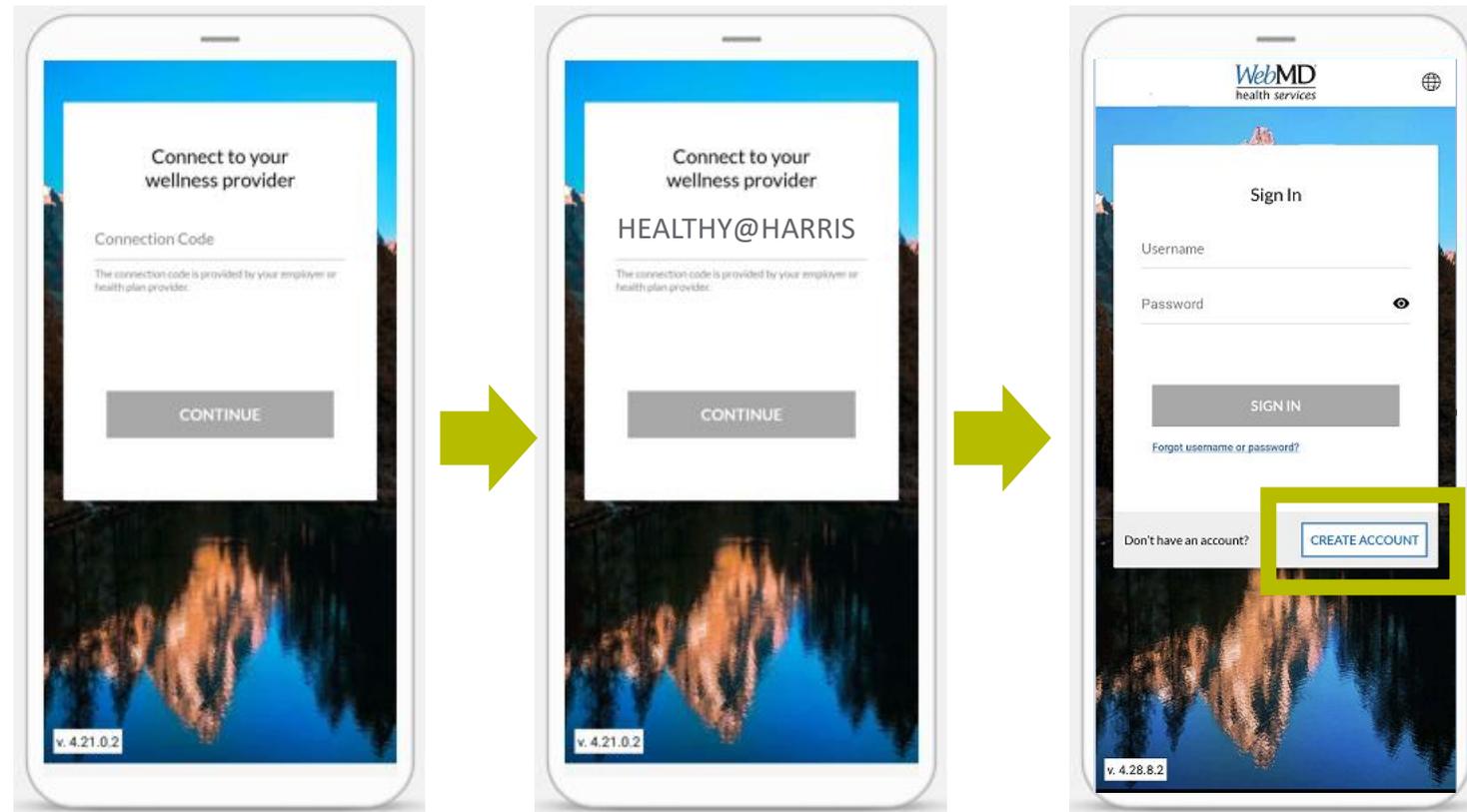


# Wellness At Your Side (WAYS) Mobile App

Click "Open" after installing app. You will see a pop-up window requesting a Connection Code

Enter **HEALTHY@HARRIS** as your Connection Code, then click "Continue".

Click "Create Account"



# Click "Create Account"

**HEALTHY@HARRIS**  
Caring for ourselves so we can care for others



Welcome

Username \*

Password \* 

**SIGN IN**

[Forgot username or password?](#) [Language: English](#)

Don't have an account yet? **CREATE ACCOUNT**

[webmdhealth.com/harrishealthsystem](https://webmdhealth.com/harrishealthsystem)

# Follow the instructions to complete the Authentication and Security Information

# Enter your Registration ID

- Employees, enter your 5-6 digit employee ID.
- Spouses, enter your spouse's employee ID + SP + the month and day of your date of birth (MMDD)

ex. 123456SP1025

Registration ID \*

Employees: Enter your Employee ID.

(Employee ID is a 5-6 digit number, without zeros in front. This number is located under the barcode on the back of your Harris Health badge.)

Example: 123456

Spouses: Enter your spouse's Employee ID + SP + the month and day of your date of birth (MMDD); no spaces or special characters.

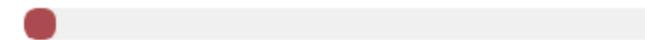
(Employee ID is a 5-6 digit number, without zeros in front. This number is located under the barcode on the back of your spouse's Harris Health badge.)

Example: 123456SP1025

# Create a Username and Password

- Create a username and password to login to your new WebMD One account.
- Your username needs to have 6 or more letters or numbers; special characters are allowed; no spaces
- Passwords need at least 9 characters, using any character, symbol or spaces.

(Create a username using 6 or more letters or numbers. Special characters are allowed; no spaces.)



[Requirements & Safety](#)

# Enter your Birth Date and Email

- Enter your birth date in mm/dd/yyyy format.
- Use the email address where you would like to receive emails from WebMD.

Birthdate (mm/dd/yyyy) \*

Email Address \*

Enter the personal email address where you would like to receive your Health Manager mail.

Verify Email Address \*

# Read, Agree and Go!

- Read the Terms & Conditions and WebMD's Privacy Policy
- Agree by checking the box.
- Click GO

## Agreement

\* I have read and agreed with WebMD's [Terms and Conditions](#) and have read and understood WebMD's [Privacy Policy](#)



# Enable 2-Step Verification

You have the option to set up a 2-Step Verification as an extra layer of security.

You can set this up now by following the instructions or click "Not Now" to Skip.

HEALTHY@HARRIS  
Caring for ourselves so we can care for others



## Enable 2-Step Verification

We know your health information is important to you. Turn on 2-Step Verification as an extra layer of security to protect your account.

How do you want to receive codes?\*

Text Message  Phone Call

Enter Your Phone Number \*

Numbers outside the US are not yet supported.

\*I agree to let WebMD Health Services store this phone number and to call or send SMS (text) messages to this phone number for account security purposes. Message and data rates may apply.

NOT NOW

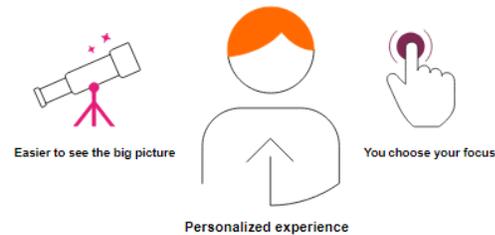
NEXT

# Set Up Your Preferences

HEALTHY@HARRIS  
Caring for ourselves so we can care for others

WELCOME TO  
WebMD ONE

Here's what's new...



Just finish on-boarding to get started with your personalized experience.



# Set Up Your Preferences

HEALTHY@HARRIS  
Caring for ourselves so we can care for others

What are your health goals?

Select at least 1 area that interests you. You can add others later.

What are your Interests?

Pick your top three now. You can add others later.

\* indicates a required field.

Select your interests \*



Get more exercise



Get to a healthy weight



Eat better



Reduce stress



Sleep better



Quit tobacco

BACK

NEXT

# Set Up Your Preferences

You can select any conditions or "Skip".

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Caring for ourselves so we can care for others

Can we help you with any of these conditions?

- |  |   |
|--|---|
|  High Blood Pressure <input type="checkbox"/>     |  High Cholesterol <input type="checkbox"/> |
|  Asthma <input type="checkbox"/>                  |  Diabetes <input type="checkbox"/>         |
|  Coronary Artery Disease <input type="checkbox"/> |  Heart Failure <input type="checkbox"/>    |
|  COPD <input type="checkbox"/>                   |   |

BACK

SKIP

# Navigating Your New WebMD One Account

The Menu is located in the top right corner (hamburger button).

Here, you can modify your account settings, sync a device/app or contact WebMD for help.

The screenshot displays the WebMD ONE portal interface. At the top, the logo "HEALTHY@HARRIS" is visible with the tagline "Caring for ourselves so we can care for others". Below the logo, there are two tabs: "My Health" (active) and "Resources". A hamburger menu icon is located in the top right corner, which is highlighted with a yellow box. The menu is open, showing a list of options: "Content Hub", "Sync Devices & Apps", "Policies", "Settings", "Sign Out", and "Contact Us". Below the menu, the main content area features a "Welcome to the WebMD ONE portal" message with a "Click here to learn more." link. A sidebar on the left lists "ON THIS PAGE" with links for "Dashboard", "Take Action", and "Explore & Learn". The main content area also includes a section titled "Empower Yourself" with a globe icon and an "EXPLORE" button.

# Navigating Your New WebMD One Account

Your homepage is called your “Dashboard.”

Click the Banner at the top of the page to see important announcements from Employee Wellness.

The screenshot shows the WebMD ONE portal interface. At the top right, there is a logo for 'HEALTHY@HARRIS' and a notification icon. A callout box titled 'Your Dashboard' is overlaid on the page, containing the following text:

- The Spotlight card at the top directs you to your next important action
- The Dashboard tells you the status of the tools you are engaged with
- Towards the bottom of the page, Explore & Learn offers a variety of well-being content

Below the callout box, the main dashboard content is visible. A yellow box highlights a white banner at the top of the main content area that reads: 'Welcome to the WebMD ONE portal' and 'Click here to learn more.' Below this banner, there is a section titled 'Empower Yourself' with the text: 'Visit your personalized wellness Content Hub for the information you need to make better decisions about your health and well-being.' To the right of this text is a globe icon. At the bottom right of this section is an 'EXPLORE' button. On the left side of the dashboard, there is a navigation menu with the following items: 'ON THIS PAGE', 'Dashboard', 'Take Action', and 'Explore & Learn'.

# Navigating Your New WebMD One Account

To access your profile, click the large circle at the top of your Dashboard.

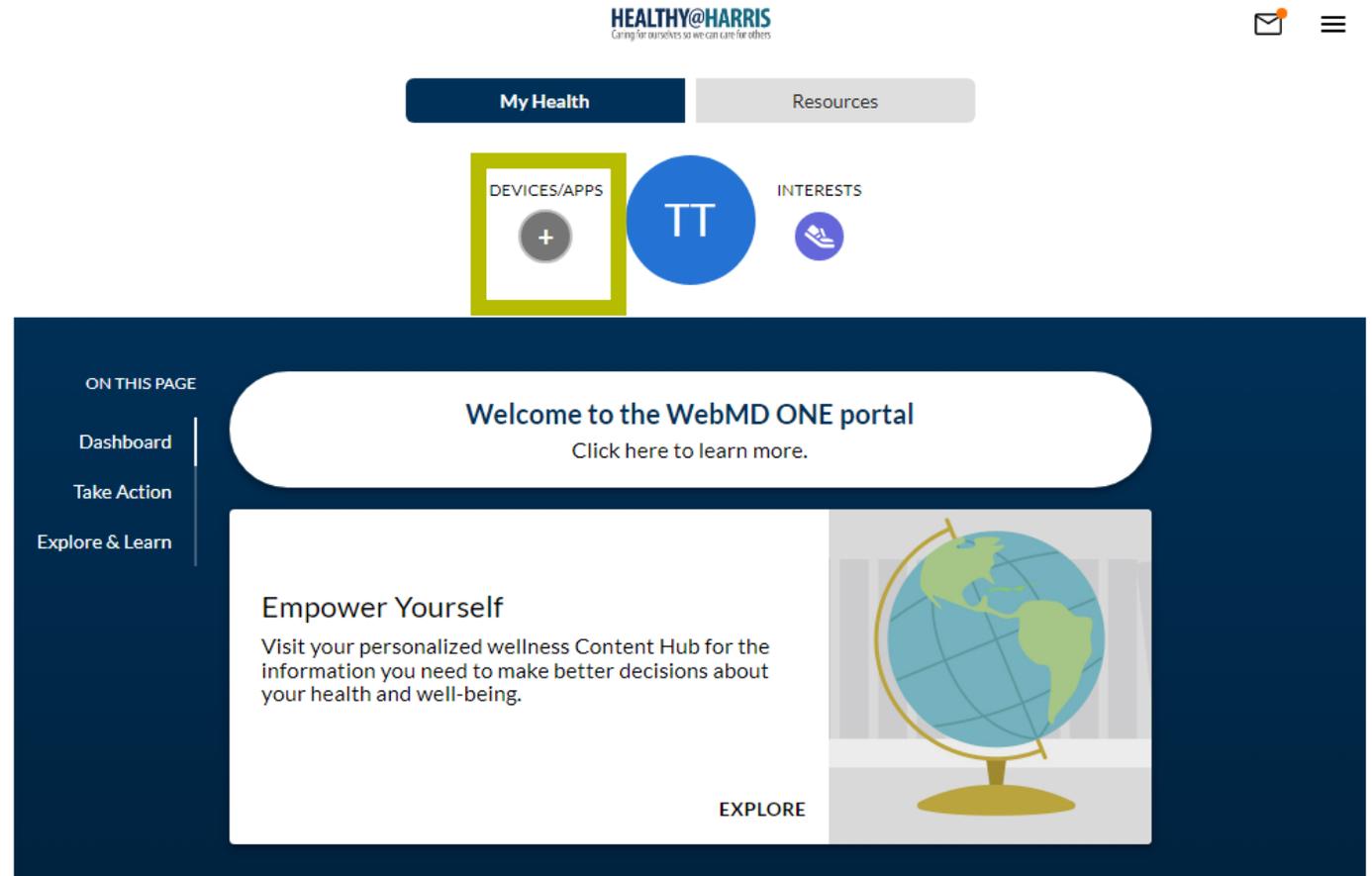
Here, you can add a profile photo, change your display name, and edit account settings.

The screenshot displays the Healthy@Harris Health Portal dashboard. At the top, the logo "HEALTHY@HARRIS" is visible with the tagline "Caring for ourselves so we can care for others". Below the logo, there are two tabs: "My Health" (active) and "Resources". A navigation bar contains three items: "DEVICES/APPS" with a plus sign, a large blue circle with the initials "TT" (highlighted with a yellow box), and "INTERESTS" with a hand icon. A "Get Started!" modal window is open, containing the text: "Get started using your Health Portal here! Customize your profile, update your interests and don't forget to connect your apps/devices!". The modal also shows "3 / 3", "PREVIOUS", and "GOT IT!". Below the modal, there is a section titled "Empower Yourself" with the text: "Visit your personalized wellness Content Hub for the information you need to make better decisions about your health and well-being." and an "EXPLORE" button. A globe icon is visible on the right side of the "Empower Yourself" section. On the left side of the dashboard, there is a sidebar with the text "ON THIS PAGE" and a list of links: "Dashboard", "Take Action", and "Explore & Learn".

# Connecting Your Fitness Device

To earn 20 Wellness Points for achieving 10,000 steps per day, you must have a fitness device connected to your WebMD One account.

Click "Devices/Apps" at the top of your Dashboard.



The screenshot displays the WebMD ONE portal interface. At the top, the logo "HEALTHY@HARRIS" is visible with the tagline "Caring for ourselves so we can care for others". Below the logo are two tabs: "My Health" (active) and "Resources". Under "My Health", there are three circular icons: "DEVICES/APPS" (highlighted with a yellow box and containing a plus sign), "TT" (a blue circle with white letters), and "INTERESTS" (a purple circle with a white icon). To the right of these icons are a mail icon and a menu icon. Below the navigation bar is a dark blue sidebar with the text "ON THIS PAGE" and a list of links: "Dashboard", "Take Action", and "Explore & Learn". The main content area features a white rounded rectangle with the text "Welcome to the WebMD ONE portal" and "Click here to learn more.". Below this is a section titled "Empower Yourself" with the text "Visit your personalized wellness Content Hub for the information you need to make better decisions about your health and well-being." and an "EXPLORE" button. To the right of the text is a graphic of a globe on a stand.

# Connecting Your Fitness Device

Select your fitness device from the Connection Center by clicking "CONNECT".

If you don't see the fitness device you use listed, you can try using the Search bar provided.

The screenshot shows the 'Connection Center' page on the Healthy@Harris website. At the top right, there is a logo for 'HEALTHY@HARRIS' and a notification icon. The main heading is 'Connection Center', followed by a sub-heading and a paragraph: 'Find your device or app to link its data to help you reach your health goals. Apple Health and Google Fit devices can be connected or disconnected using the Wellness At Your Side mobile app.' To the right of this text is an illustration of a man running, a woman pushing a stroller, and a large green bandage with a heart and pulse line.

Below the text is a yellow star icon and the text 'Sync your device to track and achieve your goals'. A search bar with the placeholder text 'Search for device' is highlighted with a yellow box. Below the search bar, there is a section titled 'Available' with a sub-heading 'Get connected! When you initially connect, 30 days to 6 months of historical data will sync into your WebMD account depending upon the device. Remember to log in regularly to see your updated data.' Below this, there is a grid of device connection cards:

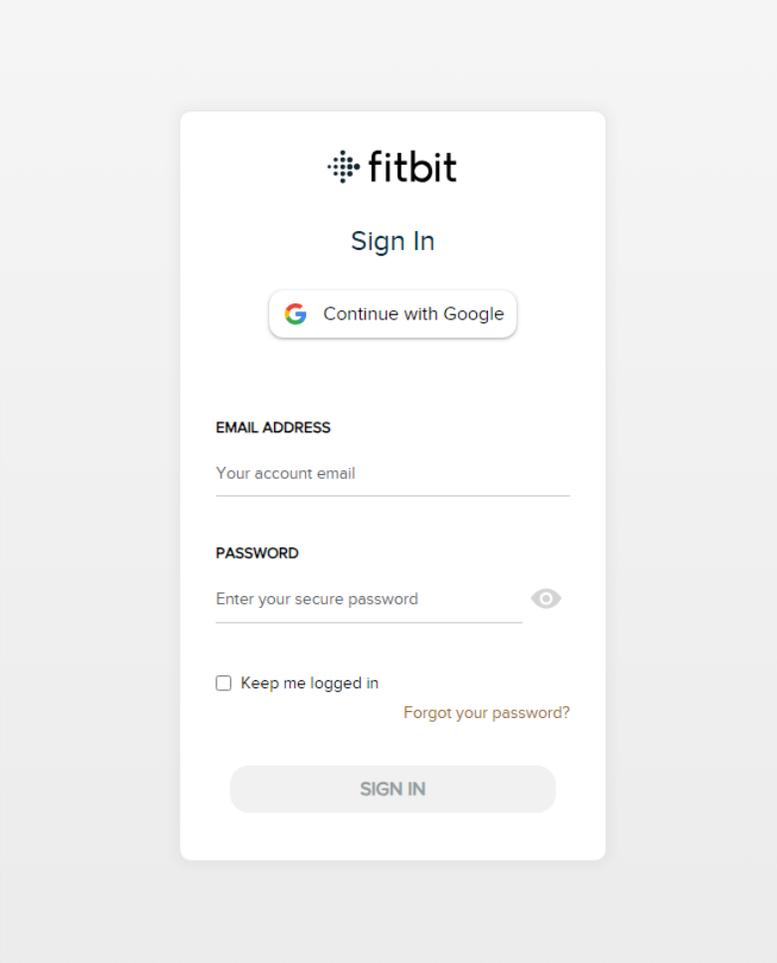
- Wellness at Your Side (WebMD health services) with a 'CONNECT' button.
- Apple Health with a 'DETAILS' button.
- Google Fit with a 'DETAILS' button.
- BodyTrace Blood Pressure with a 'CONNECT' button.
- BodyTrace Scale with a 'CONNECT' button.
- Fitbit with a 'CONNECT' button (highlighted with a yellow box).
- Garmin Connect with a 'CONNECT' button.
- iHealth with a 'CONNECT' button.
- Misfit with a 'CONNECT' button.

# Connecting Your Fitness Device

You will be prompted to sign into your account for your fitness device.

If you do not remember your login information, you may need to reset your password.

Click “forgot your password?” and an email will be sent to you to reset your password.

A screenshot of the Fitbit mobile app's sign-in screen. At the top is the Fitbit logo and the text "Sign In". Below that is a "Continue with Google" button. The screen has two input fields: "EMAIL ADDRESS" with the placeholder text "Your account email" and "PASSWORD" with the placeholder text "Enter your secure password" and an eye icon for toggling visibility. There is a checkbox for "Keep me logged in" and a link for "Forgot your password?". At the bottom is a "SIGN IN" button.

fitbit

Sign In

Continue with Google

EMAIL ADDRESS

Your account email

PASSWORD

Enter your secure password

Keep me logged in

[Forgot your password?](#)

SIGN IN

# Connecting Apple Health and Google Fit



## Connection Center

Find your device or app to link its data to help you reach your health goals. Apple Health and Google Fit devices can be connected or disconnected using the Wellness At Your Side mobile app.



◀ BACK TO ALL APPLICATIONS


Apple Health

i Apple Health can only be connected using the Wellness app on your mobile device.

If this is your first time using the Wellness app, you will be prompted to connect to Apple Health after logging in. Follow the prompts to complete the connection. If you use the app regularly, you may already be connected to Apple Health.

**Follow the steps to verify:**

1. Log in to the Wellness app
2. From the ☰ menu, select "App Settings"
3. If the toggle next to Apple Health is turned on, you are already connected!
4. If the toggle is turned off, click it to begin the connection process.

Don't have the Wellness App yet?

DOWNLOAD NOW

## Connection Center

Find your device or app to link its data to help you reach your health goals. Apple Health and Google Fit devices can be connected or disconnected using the Wellness At Your Side mobile app.



◀ BACK TO ALL APPLICATIONS


Google Fit

i Google Fit can only be connected using the Wellness app on your mobile device.

If this is your first time using the Wellness app, you will be prompted to connect to Google Fit after logging in. Follow the prompts to complete the connection. If you use the app regularly, you may already be connected to Google Fit.

**Follow the steps to verify:**

1. Log in to the Wellness app
2. From the ☰ menu, select "App Settings"
3. If the toggle next to Google Fit is turned on, you are already connected!
4. If the toggle is turned off, click it to begin the connection process.

Don't have the Wellness App yet?

DOWNLOAD NOW

## Download the Wellness At Your Side (WAYS) App.

# Verify Your Connected Device

Navigate back to your Dashboard by clicking the Healthy@Harris logo or “My Health” button at the top of your screen.

To the left of your profile image, you will see your connected fitness devices.



# Track Your Goals

On your Dashboard, scroll down to the "Take Action" section.

Click "Check Here" on the "10,000 Steps a Day" tile.

**TAKE ACTION**

These important well-being activities help you maintain your healthiest you

**10,000 Steps a Day**  
View your progress toward achieving 10,000 steps a day. Device data only.

20 WELLNESS POINTS    CHECK HERE

**Wellness At Your Side App**  
Download the easy to use mobile app to access WebMD ONE portal anytime.

VIEW INSTRUCTIONS

**Sync a Fitness Device or App**  
Instantly upload your activity - just connect a fitness device or app!

GET CONNECTED

**Healthy@Harris Employee Wellness**  
Find programs and resources to help you meet your personal health and well-being goals.

WELLNESS WEBSITE

**MyCigna Account**  
Log in to your account to review wellness points and reward status.

MYCIGNA.COM

**Manage a Health Condition**  
Programs to manage pre-diabetes, diabetes, high blood pressure and more.

ACCESS HERE

**Employee Wellness Calendar**  
Join us for classes, workshops, special events and much more!

VIEW UPCOMING SCHEDULE

**Need Help? Contact Us**  
Have questions about the WebMD ONE portal?

CALL 800-721-2696

**Employee Assistance Program**  
Connect and access counseling resources to help guide challenging times.

TAKE ADVANTAGE OF 24/7 SUPPORT

**Empower Yourself**  
Visit your personalized wellness Content Hub for the information you need

# Track Your Goals

Here, you can track the days you have achieved 10,000 steps.

Click the dropdown arrow next to the Health Goal to see more details.

The screenshot shows the 'HEALTHY@HARRIS' app interface. At the top, there is a navigation bar with 'My Health' and 'Resources' buttons. Below this, the 'Health Goal' section is displayed. The goal is 'Achieve 10,000 Total Steps - Daily' with a subtext 'Earn points for tracking your steps'. The goal is currently 'Active', as indicated by a blue dot next to the 'Active' tab. The goal expires on 02/28/2025. A dropdown arrow is highlighted with a yellow box, indicating it can be clicked to see more details. Illustrations of people running, yoga, and cycling are shown to the right of the goal text.

# Track Your Goals

You will see a green checkmark next to the dates you have achieved 10,000 steps or more.

Allow 24 hours for your steps to fully update after connecting your fitness device.

Within, 4 weeks, you should see the wellness points rewarded for these dates in your MyCigna account - [www.mycigna.com](http://www.mycigna.com).

Achieve 10,000 Total Steps - Daily Expires 02/28/2025

Earn points for tracking your steps  
Achieved 5 times

This goal is achievable each day

APR 15

152 steps.

Source: Device Captured, Device Not Validated

Simply choose your device, sync with WebMD, and start tracking your steps. When you initially connect, 30 days to 6 months of historical data will sync depending upon the device. Remember to log in regularly to see your updated data.

[Connect a fitness device or app to your WebMD account.](#)

Note: Apple Health and Google Fit can only be connected or disconnected using the Wellness At Your Side WebMD mobile app. [View this connection guide.](#)

[Back to Dashboard](#)

Date	Completion
04/15/2024	
04/14/2024	
04/13/2024	✓ Achieved
04/12/2024	
04/11/2024	

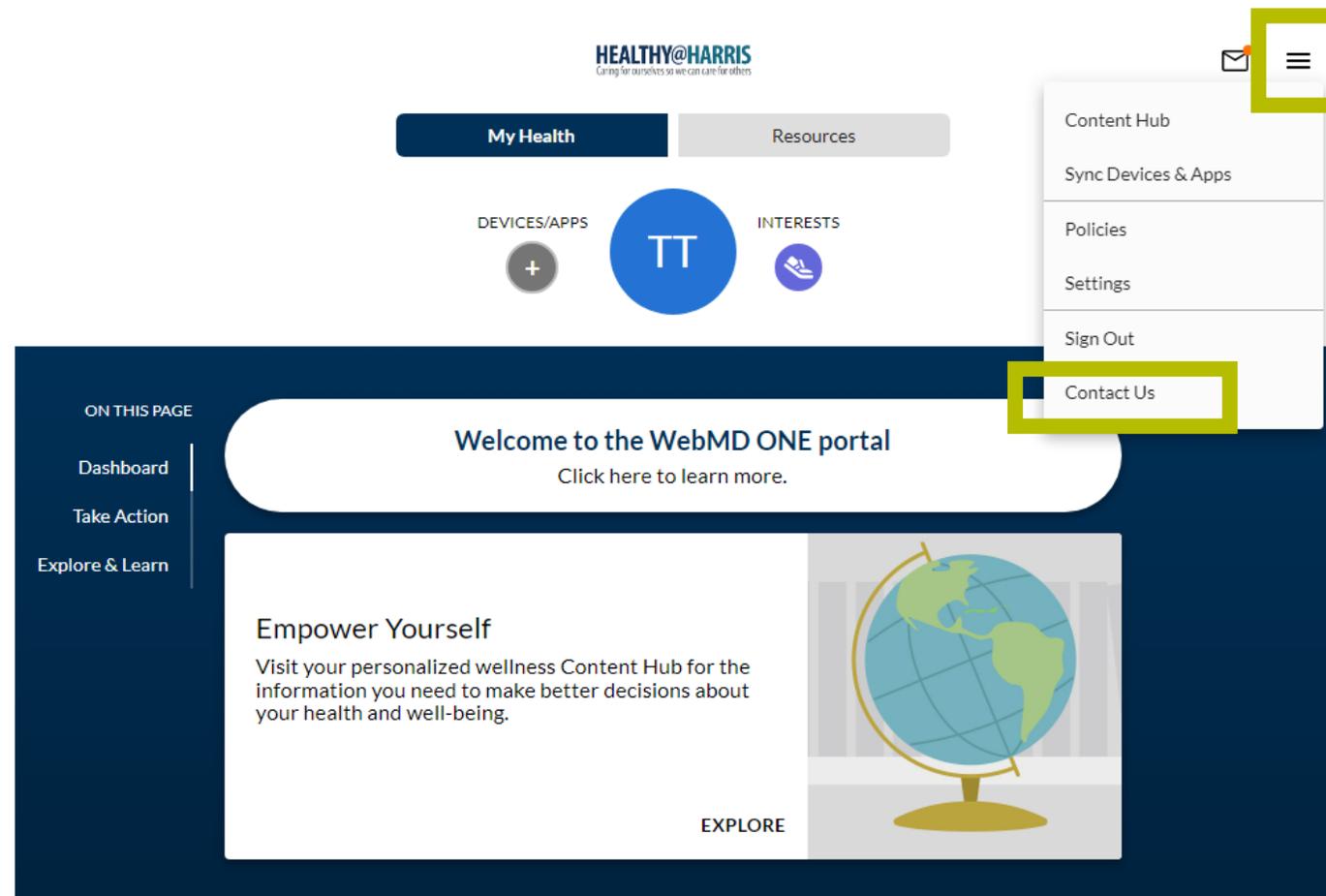
1-5 of 46

# Need Help?

Click “Contact Us” from your Menu.

WebMD Customer Service is available 7:30 AM to 7:00 PM Monday-Friday (Central Time).

To speak with a WebMD Customer Support representative, call 800-721-2696.



# Learn More

## — Get Fit

Recreational Sports

Group Exercise

Onsite Fitness Centers

Fitness Discounts

Cigna Fitness Resources

Coaching

## WebMD ONE

- WebMD One page on the Healthy@Harris website
- Wellness Workshops (50 Wellness Points)
- Explore & Learn booths and online option (5 Wellness Points)

[harrishealth.org/employee-wellness](https://harrishealth.org/employee-wellness)

# HEALTHY@HARRIS

346-426-1597

[employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org)

[www.harrishealth.org/employee-wellness](http://www.harrishealth.org/employee-wellness)



#3 in America

**HEALTHIEST EMPLOYERS®**

#1 in Texas

