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

Getting Started with WebMD One

Presented by the

Healthy@Harris Employee Wellness Team

HARRISHEALTH SYSTEM

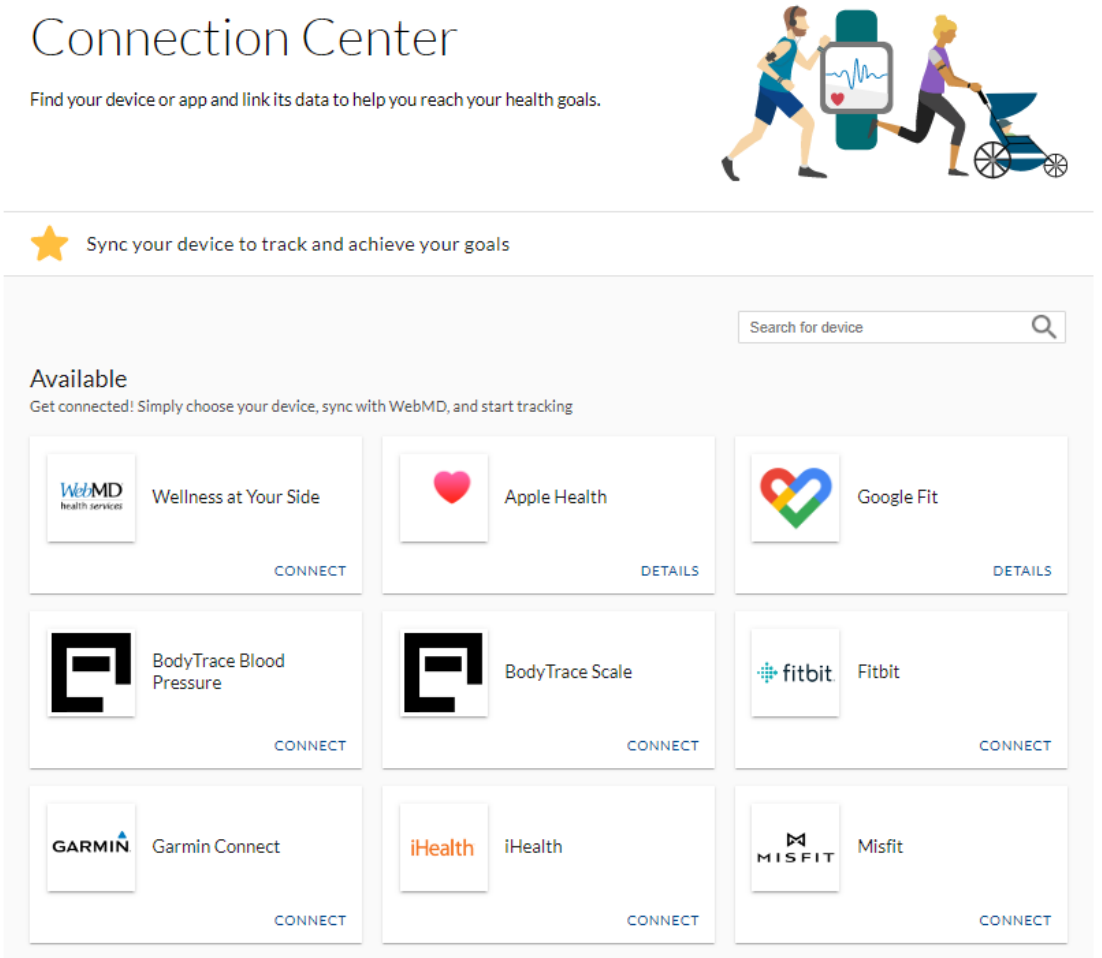
What is WebMD One?

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.



Let’s get started!

Go to the WebMD One Login Page

Go to
webmdhealth.com/harrishealthsystem

or

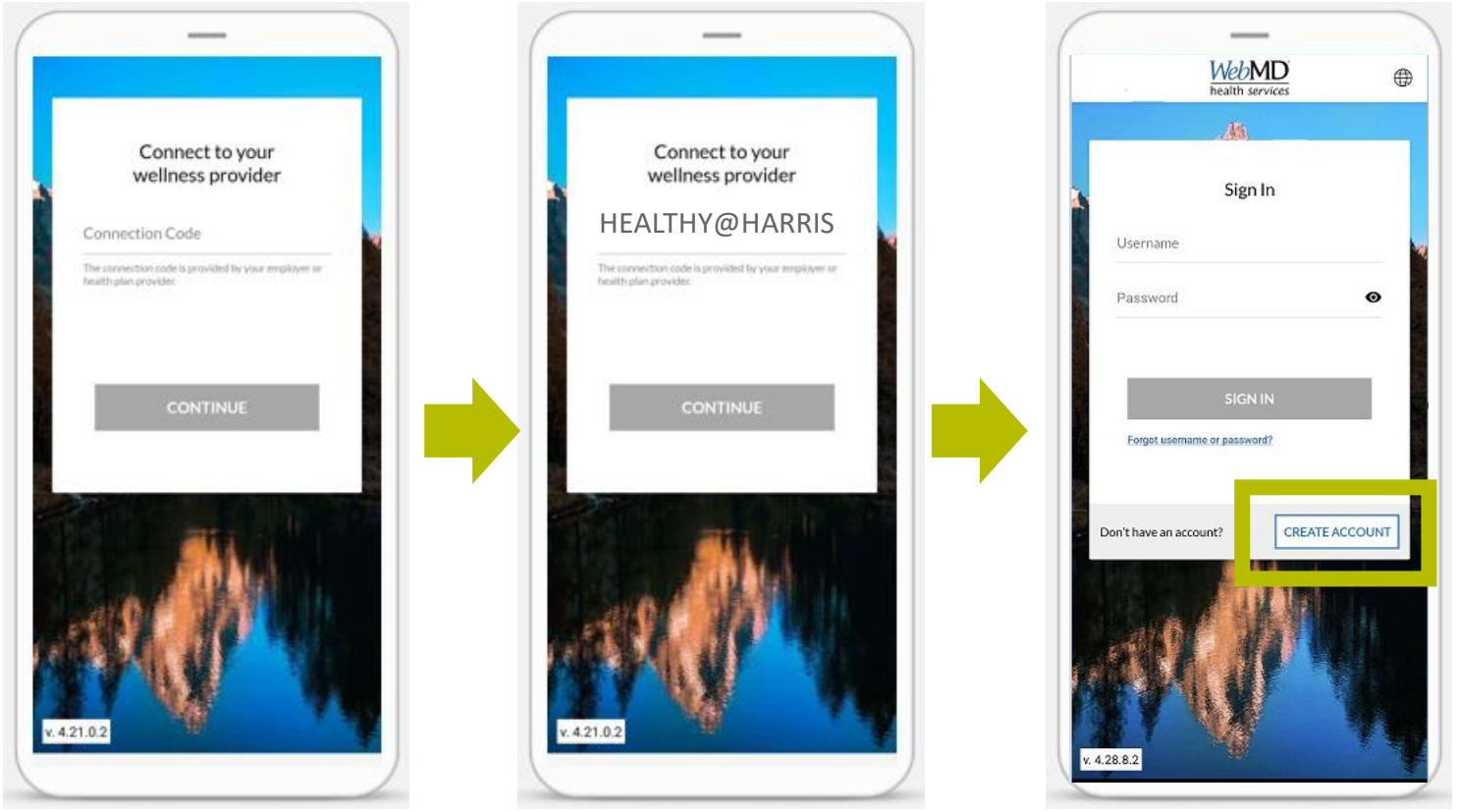
Scan the QR code to download the **Wellness At Your Side app** (required for Apple Health and Google Fit).

Wellness At Your Side (WAYS) Mobile App

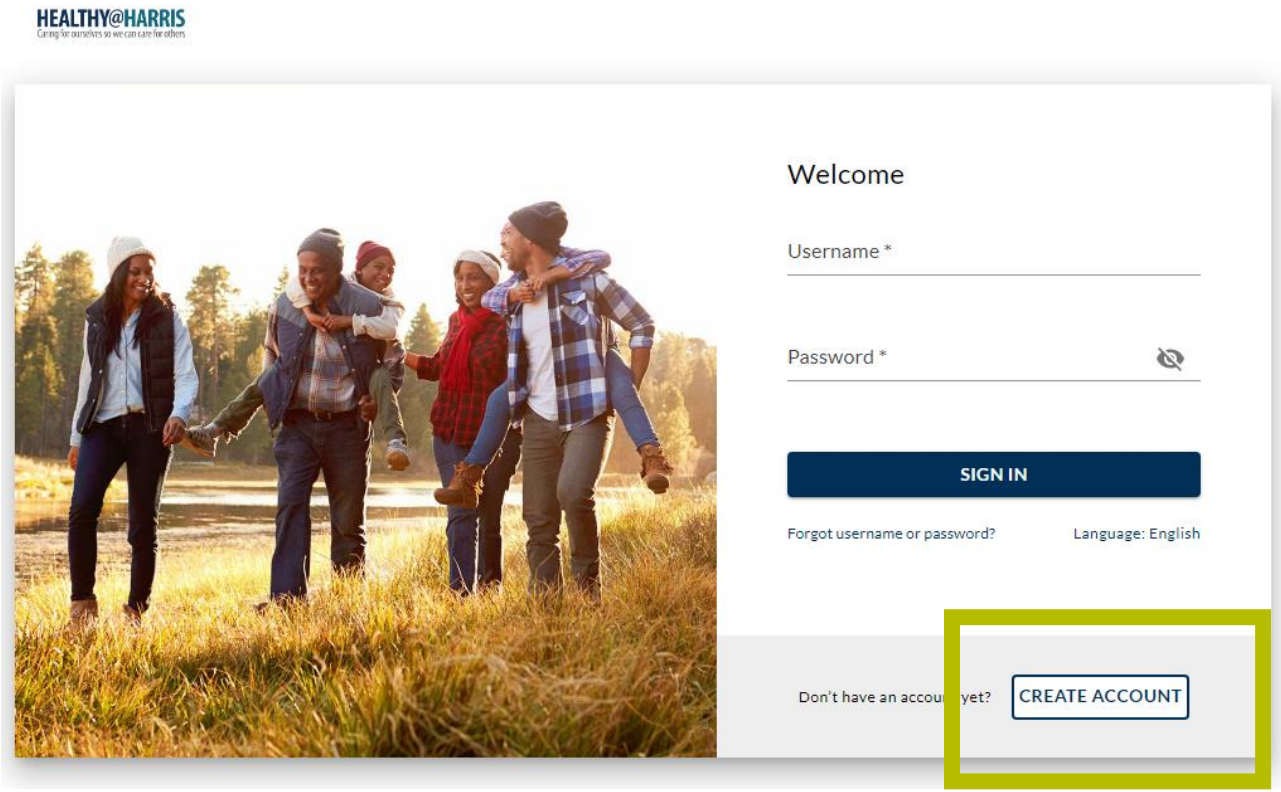
Click “Open” after installing app. You will see a pop-up window requesting a Connection Code

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

Click “Create Account”



Click "Create Account"



webmdhealth.com/harrishealthsystem

Follow the instructions to complete the Authentication and Security Information

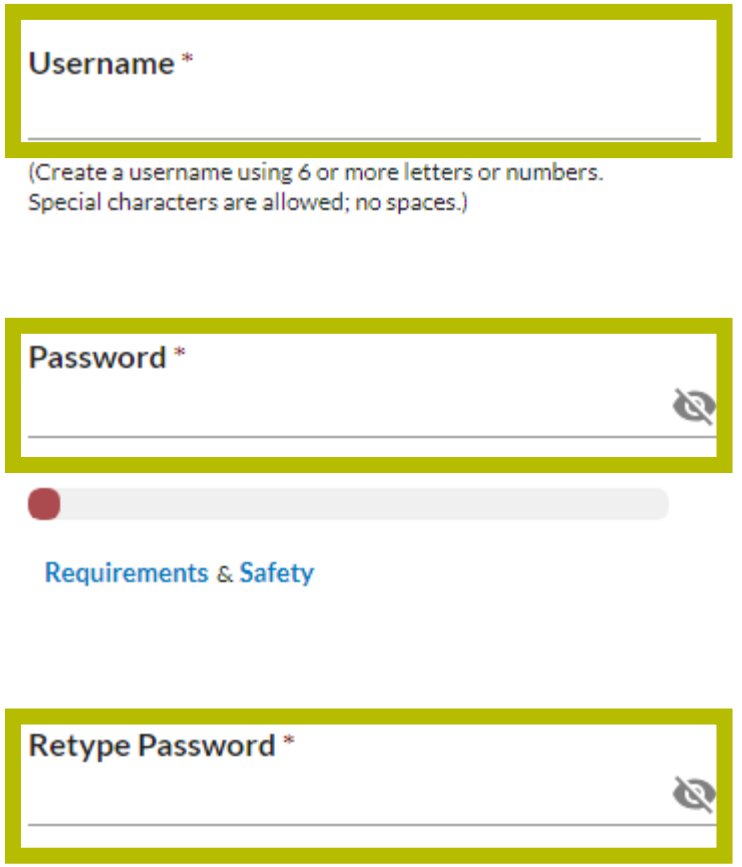
Enter your Registration ID

- 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

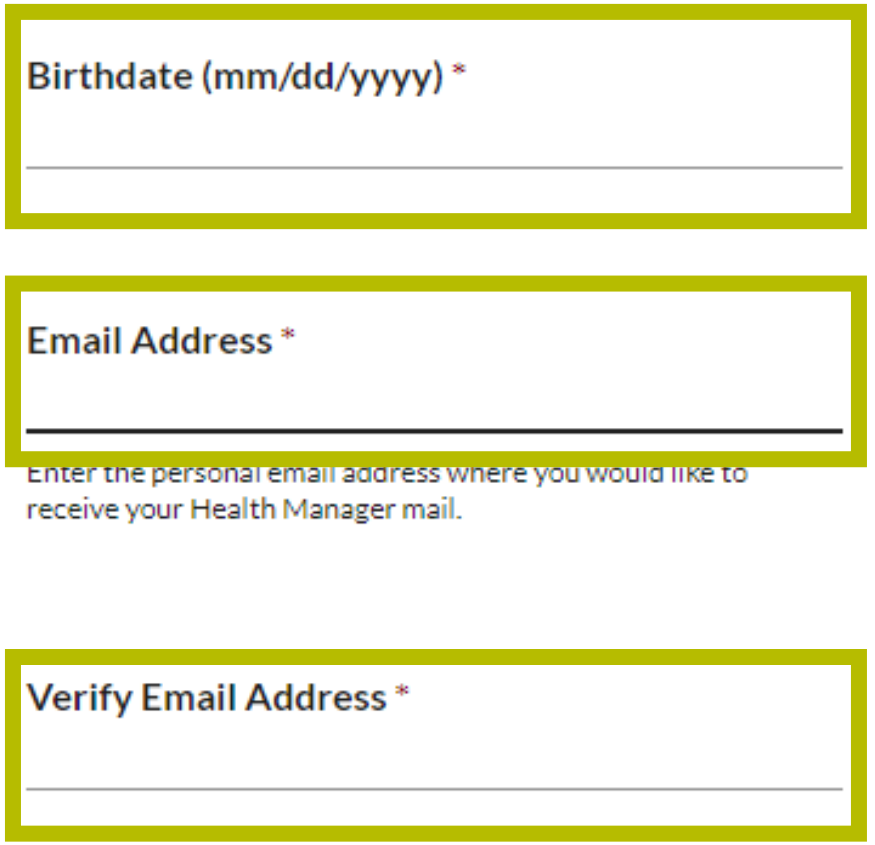
Create a Username and Password

- 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.



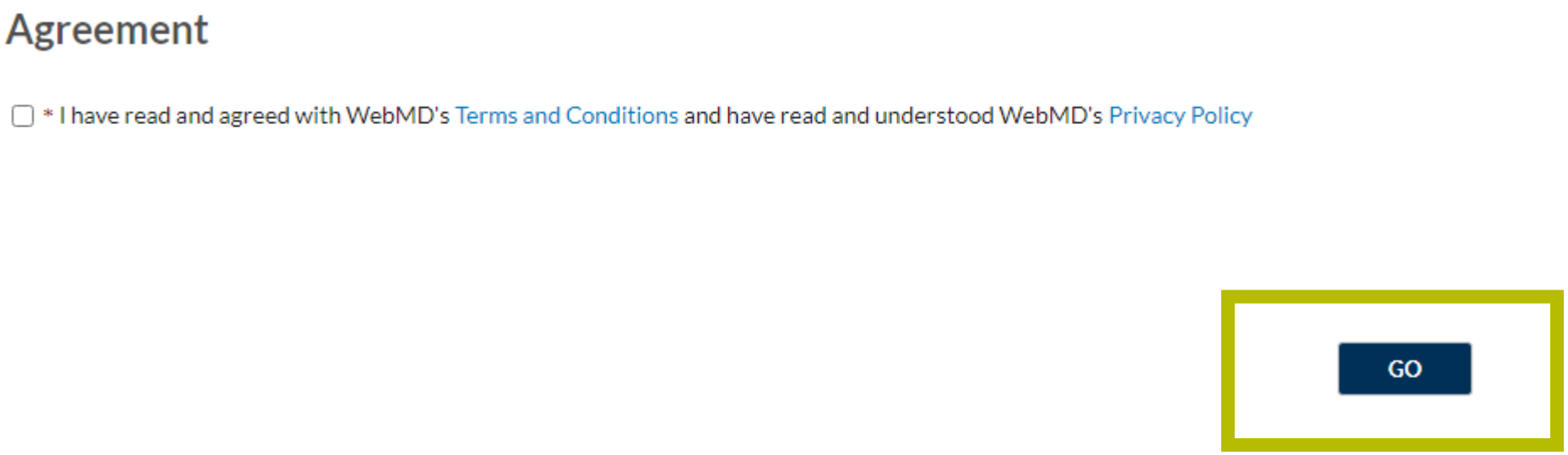
Enter your Birth Date and Email

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



Read, Agree and Go!

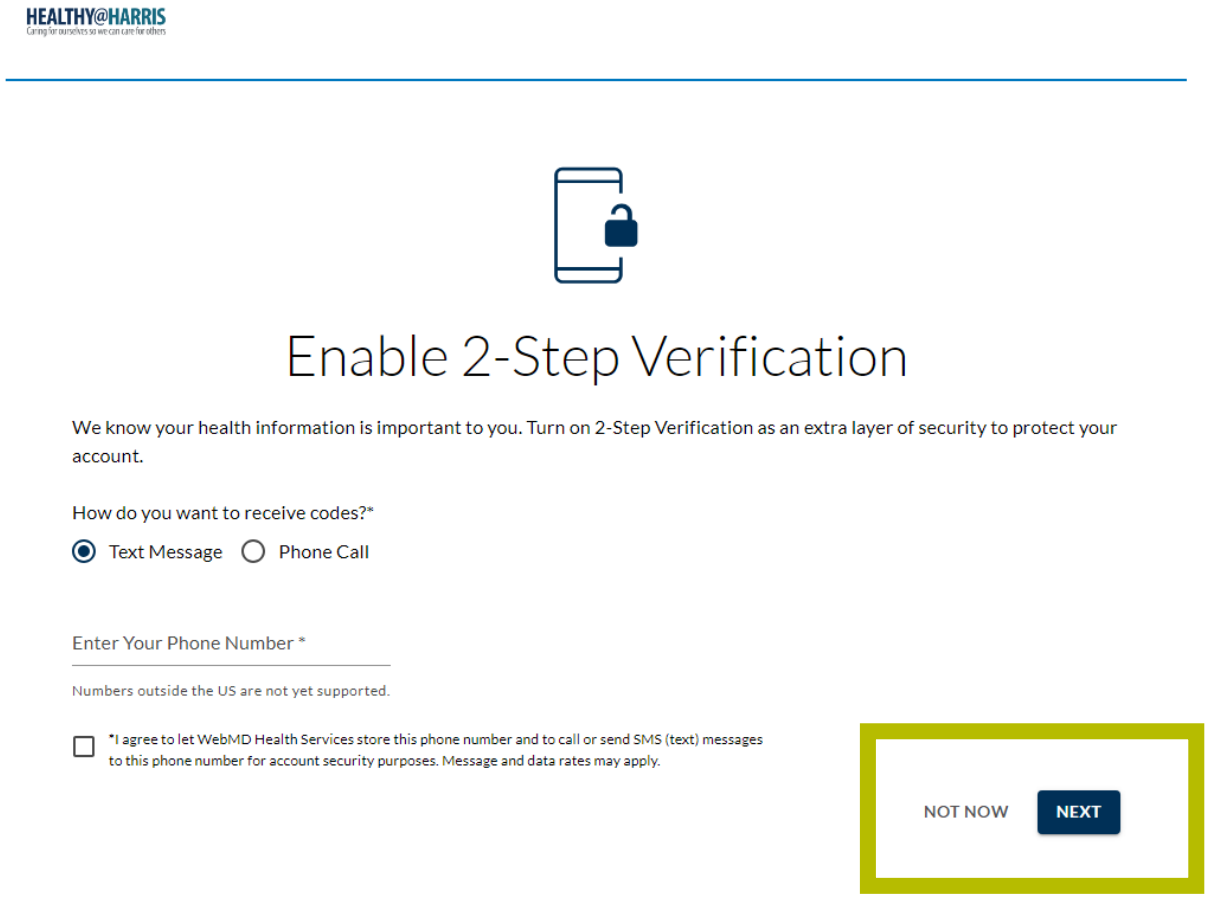
- Read the Terms & Conditions and WebMD's Privacy Policy
- Agree by checking the box.
- Click GO



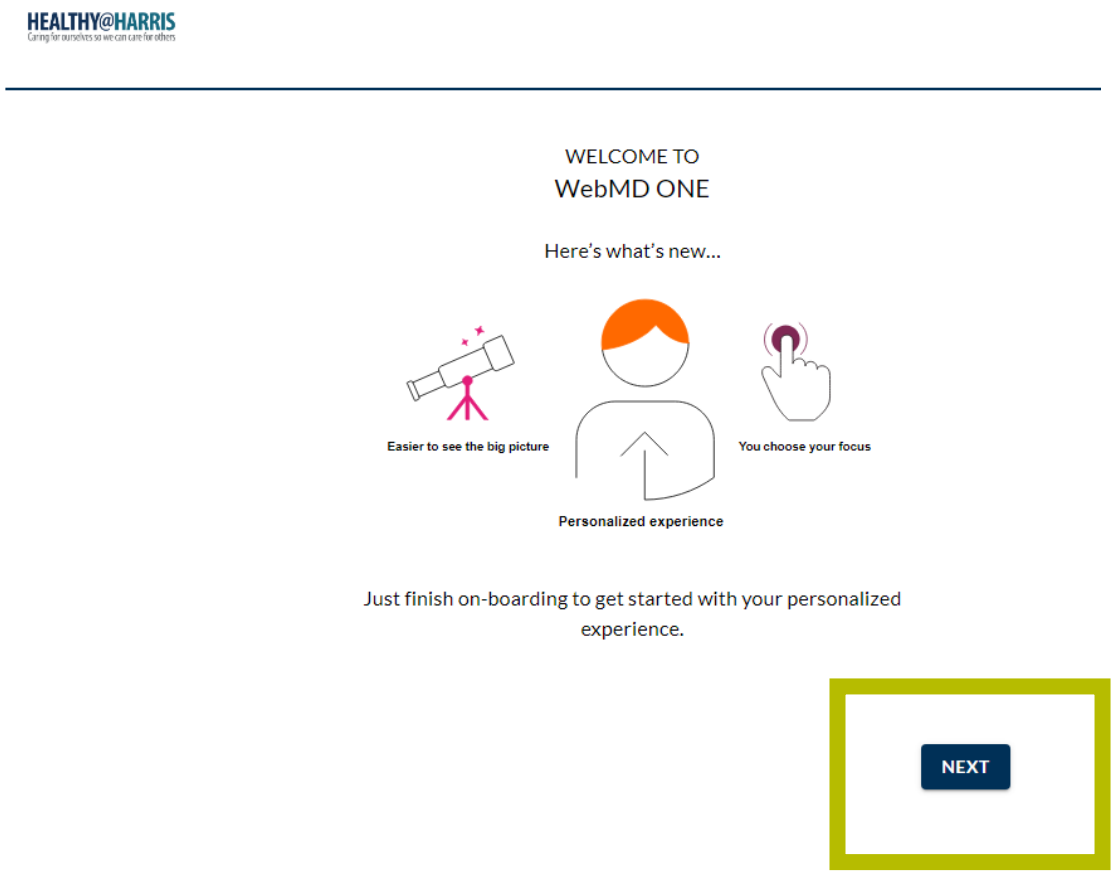
Enable 2-Step Verification

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.



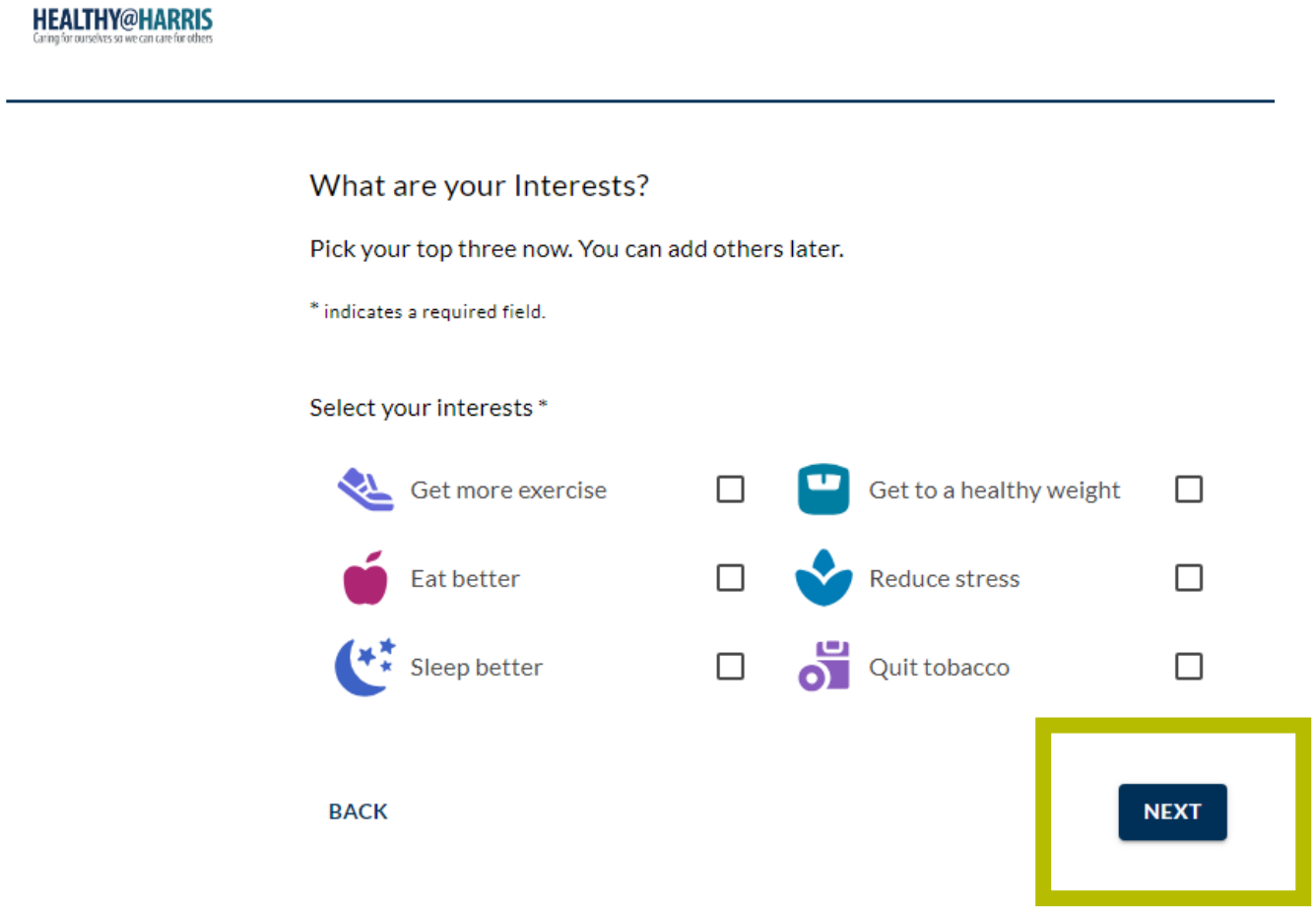
Set Up Your Preferences



Set Up Your Preferences

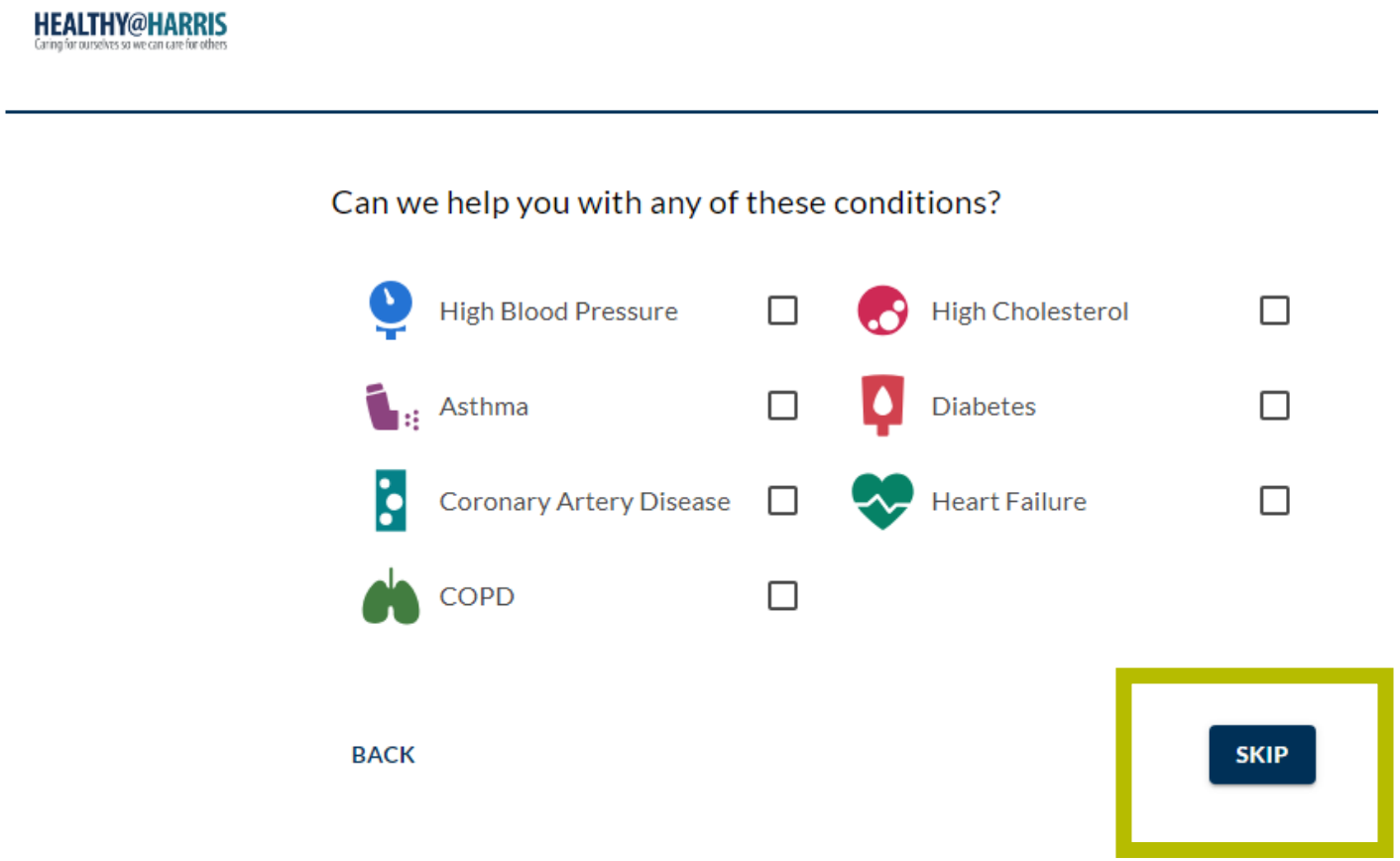
What are your health goals?

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



Set Up Your Preferences

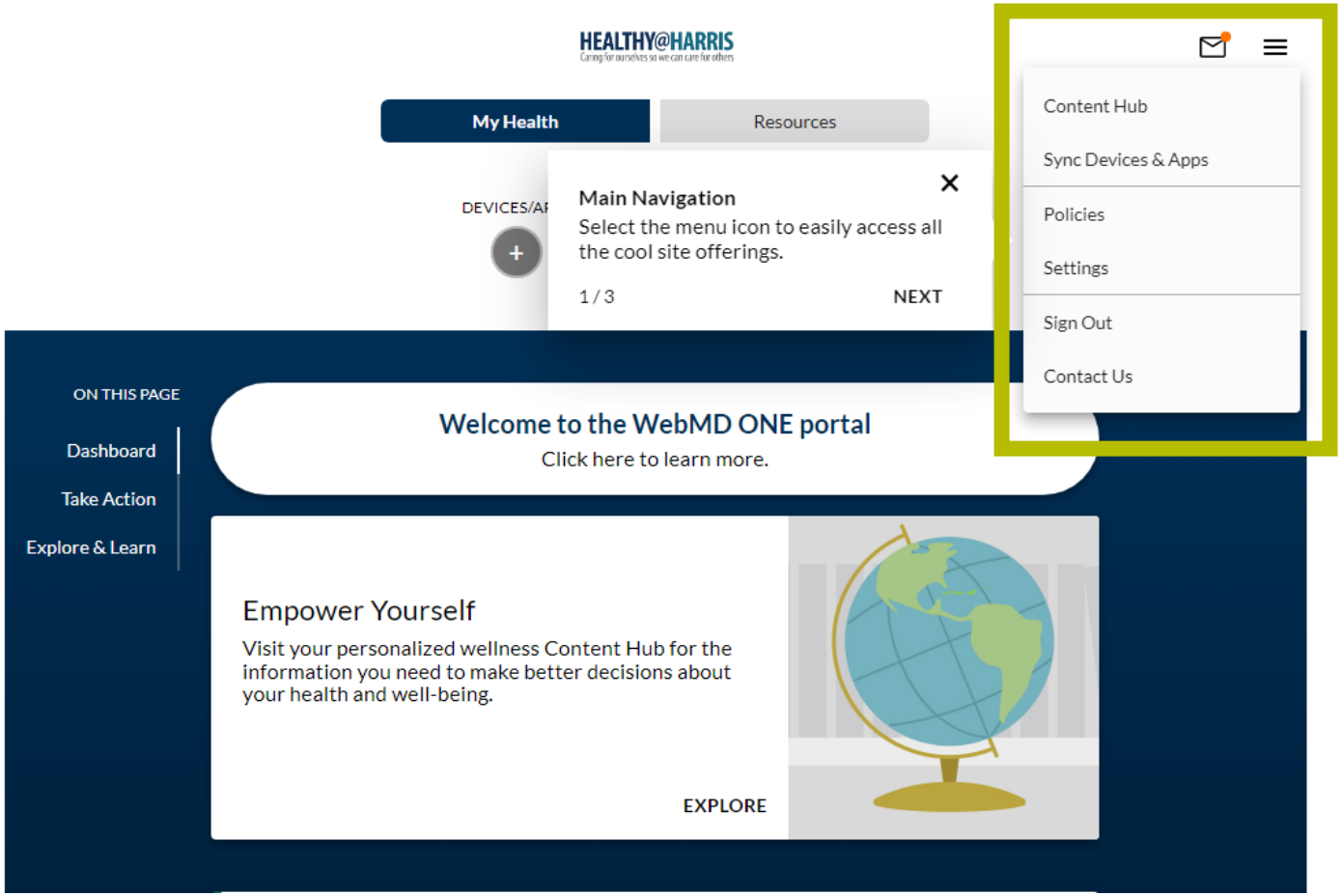
You can select any conditions or “Skip”.



Navigating Your New WebMD One Account

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

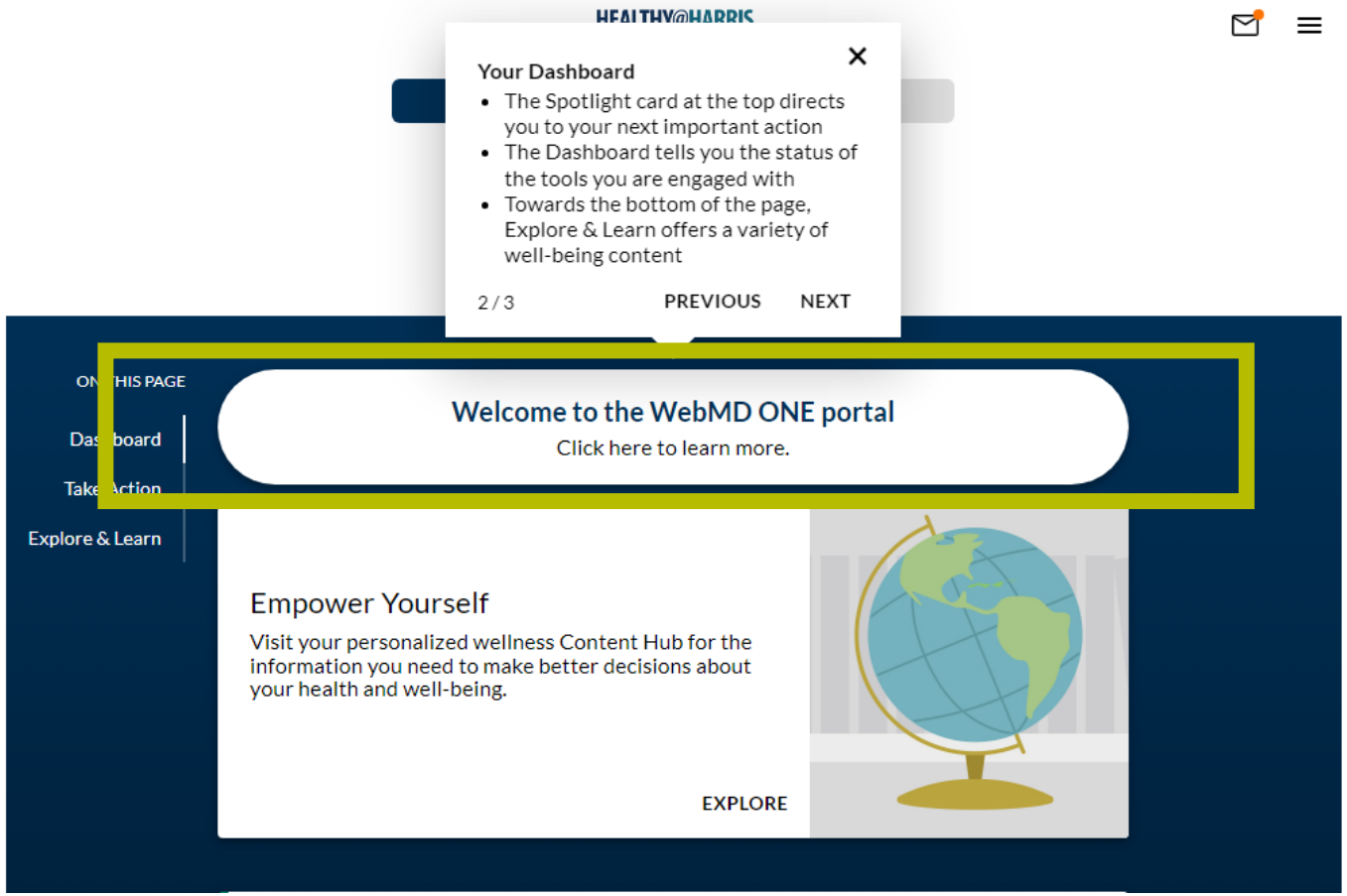
Here, you can modify your account settings, sync a device/app or contact WebMD for help.



Navigating Your New WebMD One Account

Your homepage is called your "Dashboard."

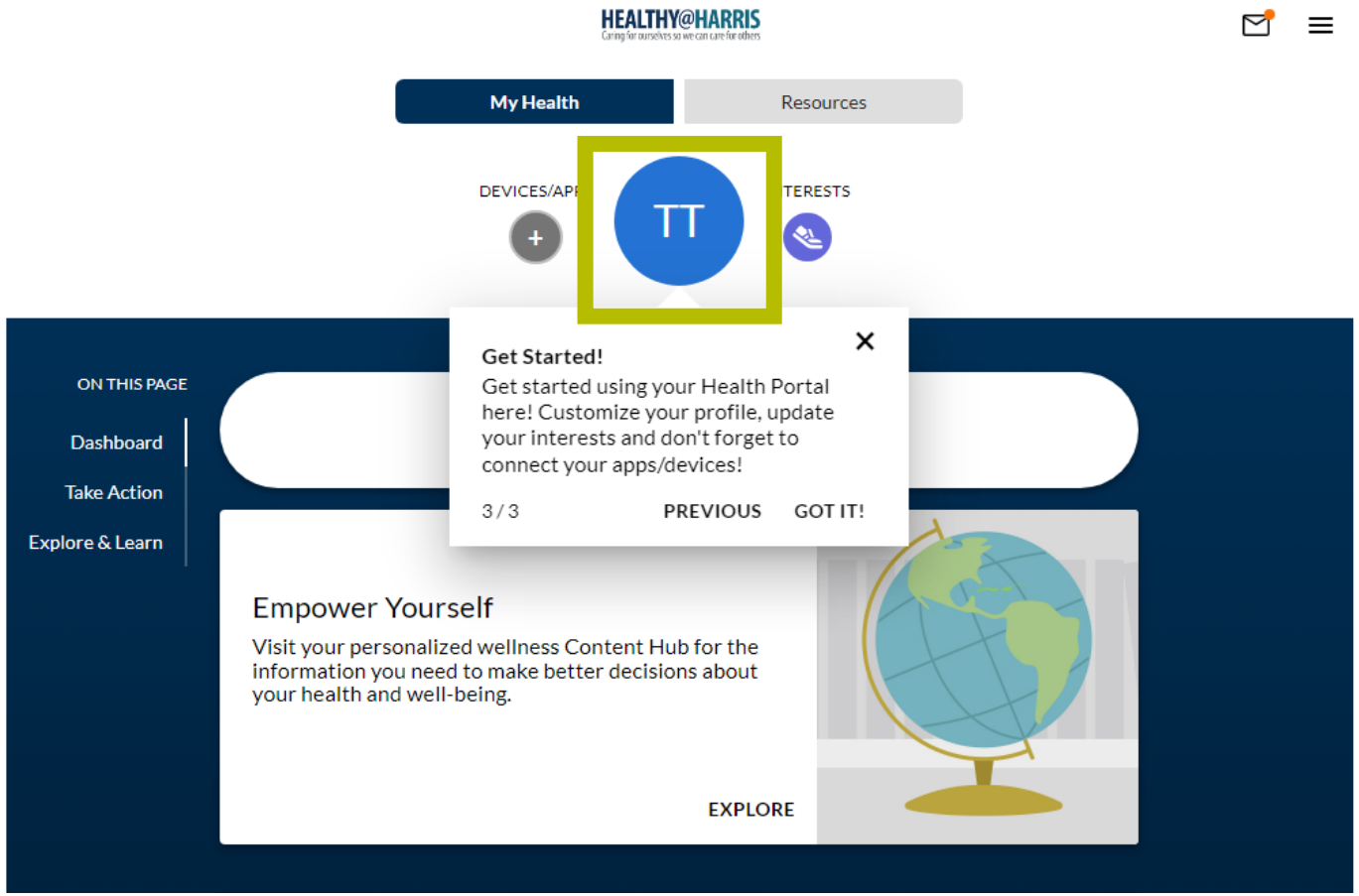
Click the Banner at the top of the page to see important announcements from Employee Wellness.



Navigating Your New WebMD One Account

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

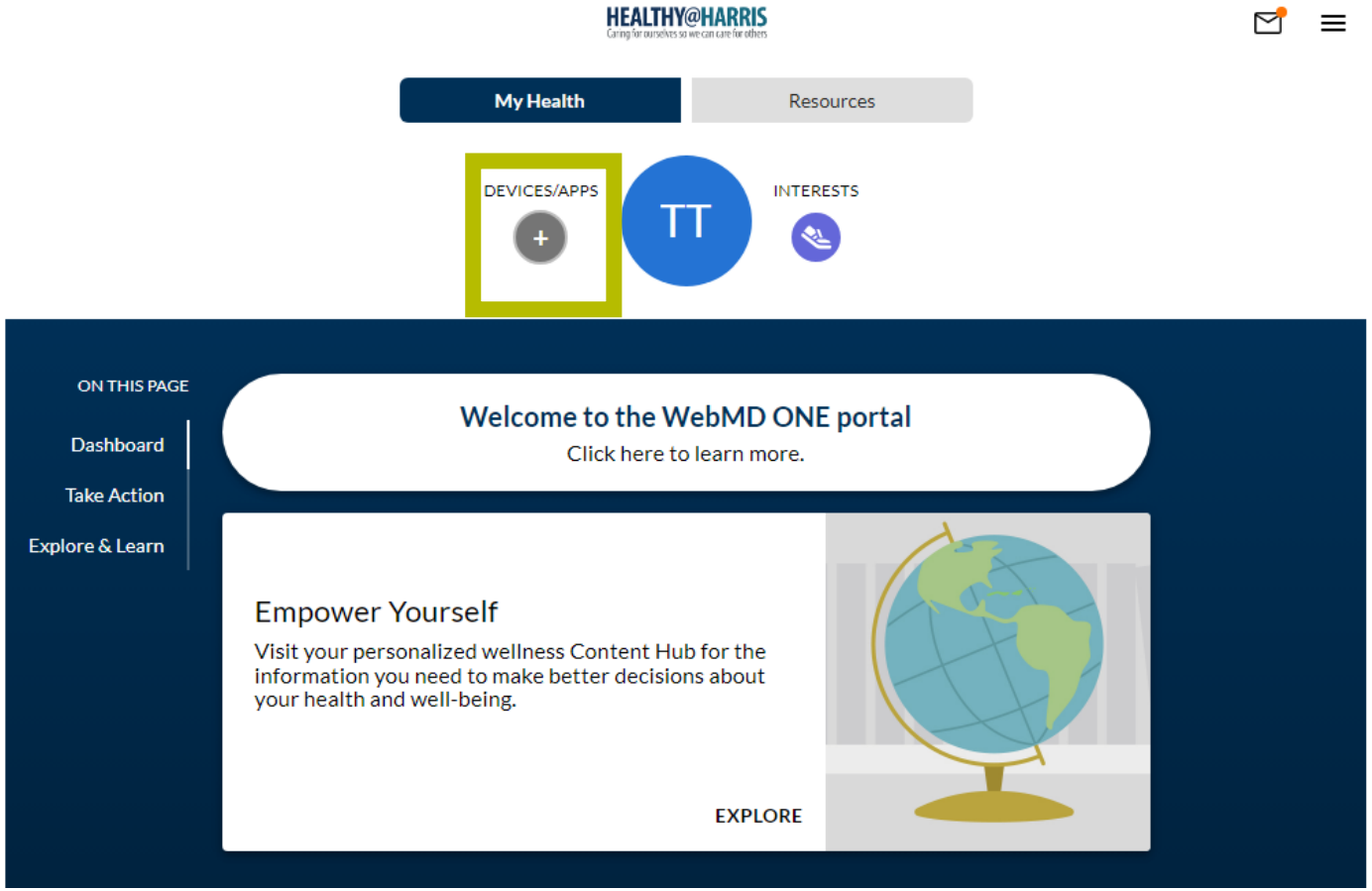
Here, you can add a profile photo, change your display name, and edit account settings.



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.

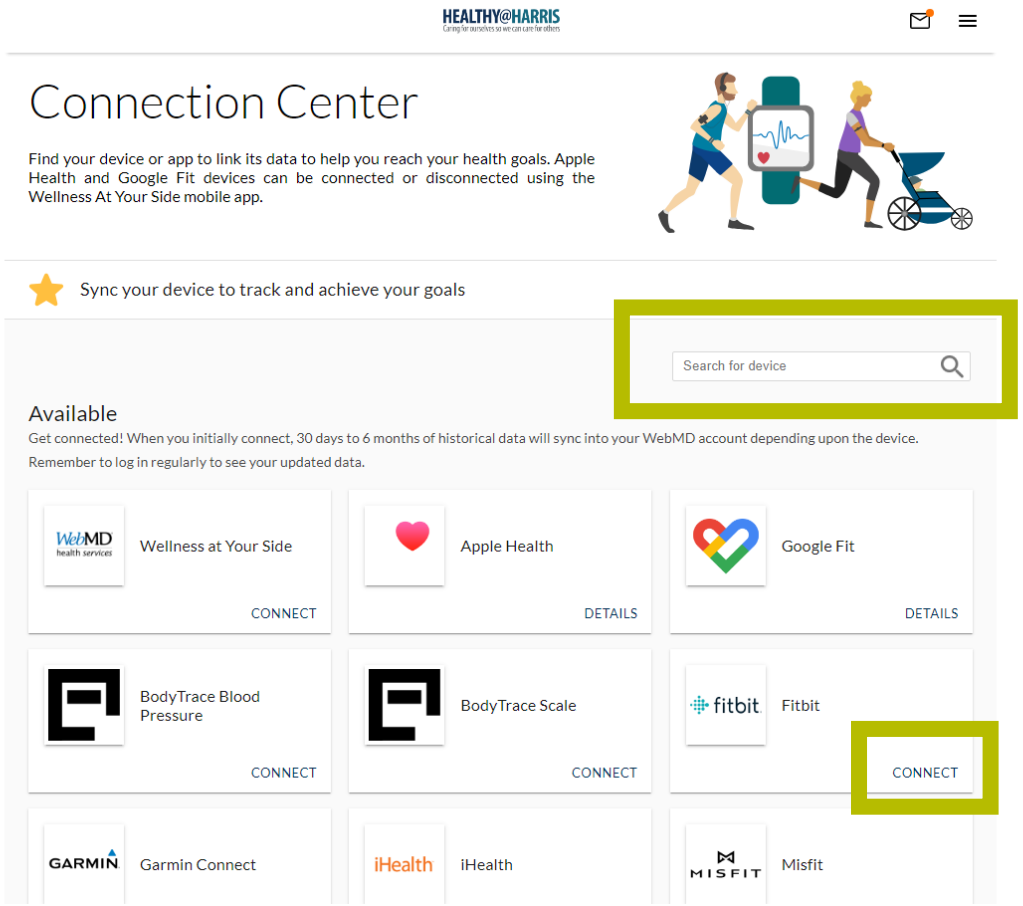
Click “Devices/Apps” at the top of your Dashboard.



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.

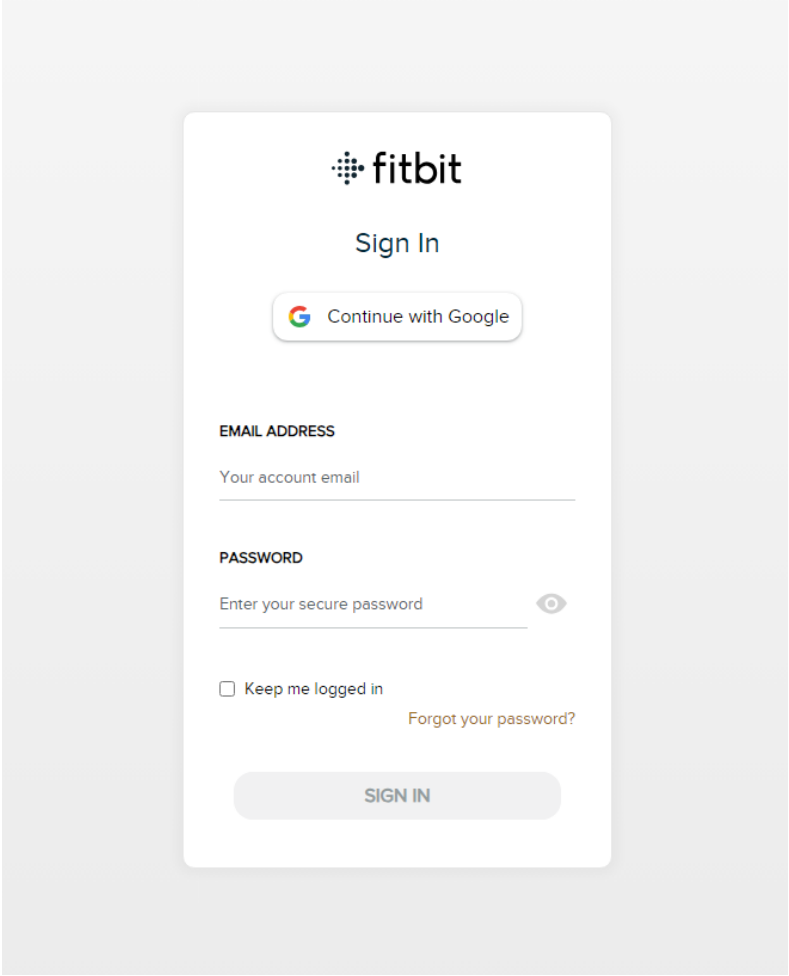


Connecting Your Fitness Device

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.



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

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

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

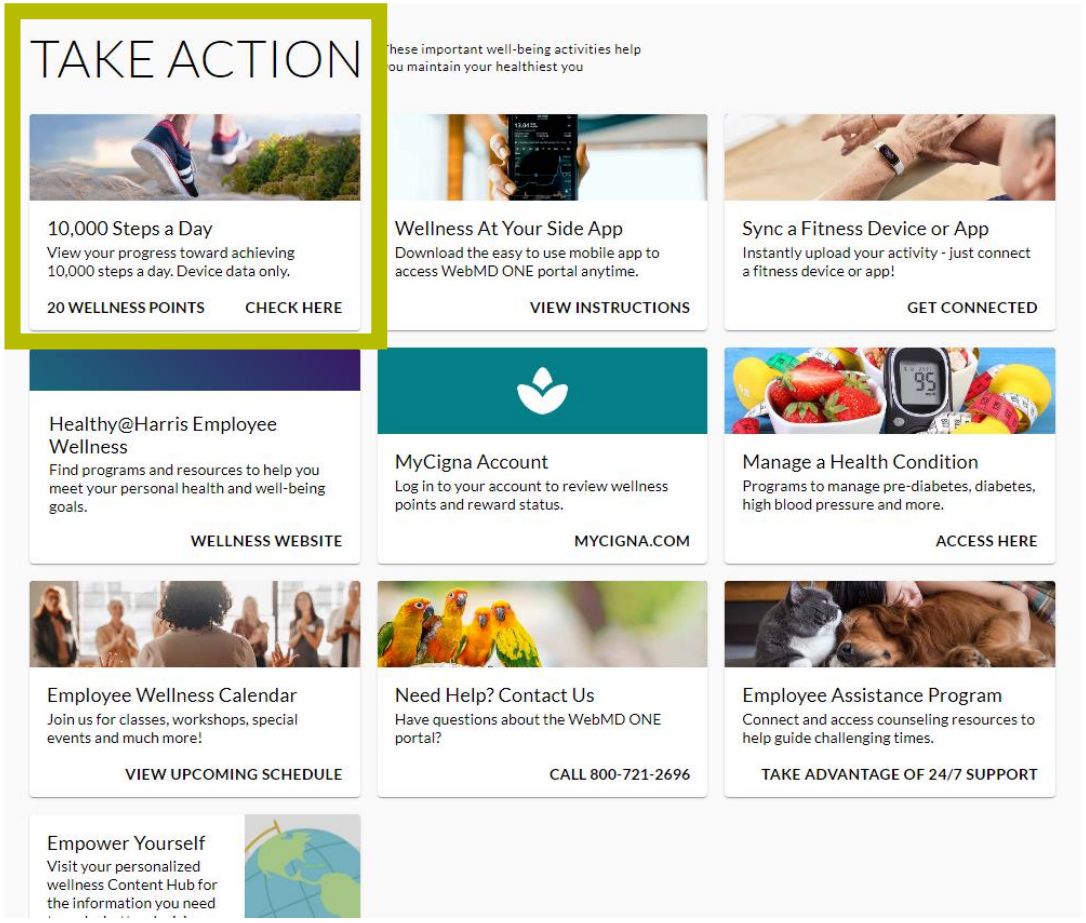
Navigate back to your Dashboard by clicking the Healthy@Harris logo or “My Health” button at the top of your screen.

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.

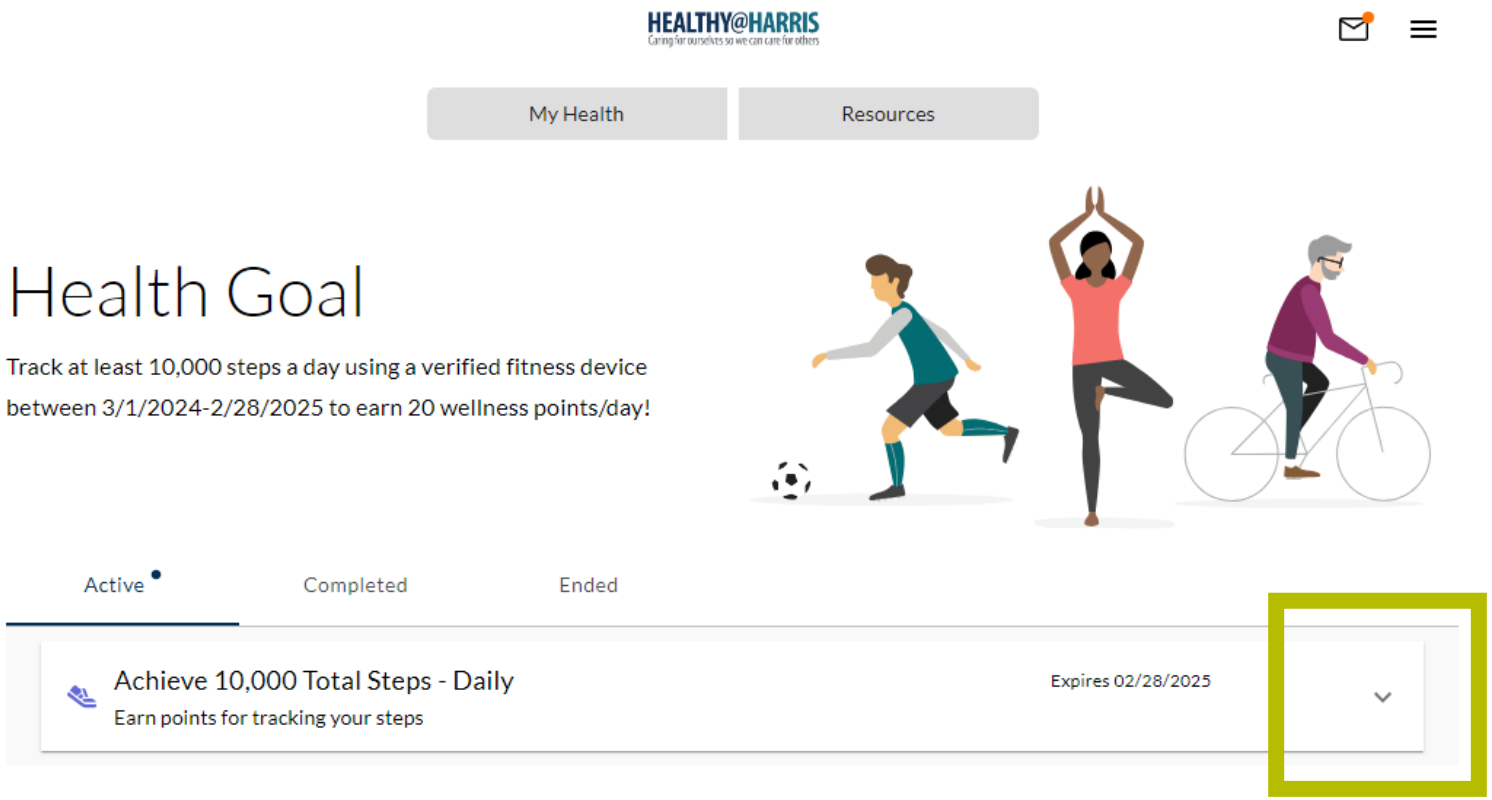
Click “Check Here” on the “10,000 Steps a Day” tile.



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.

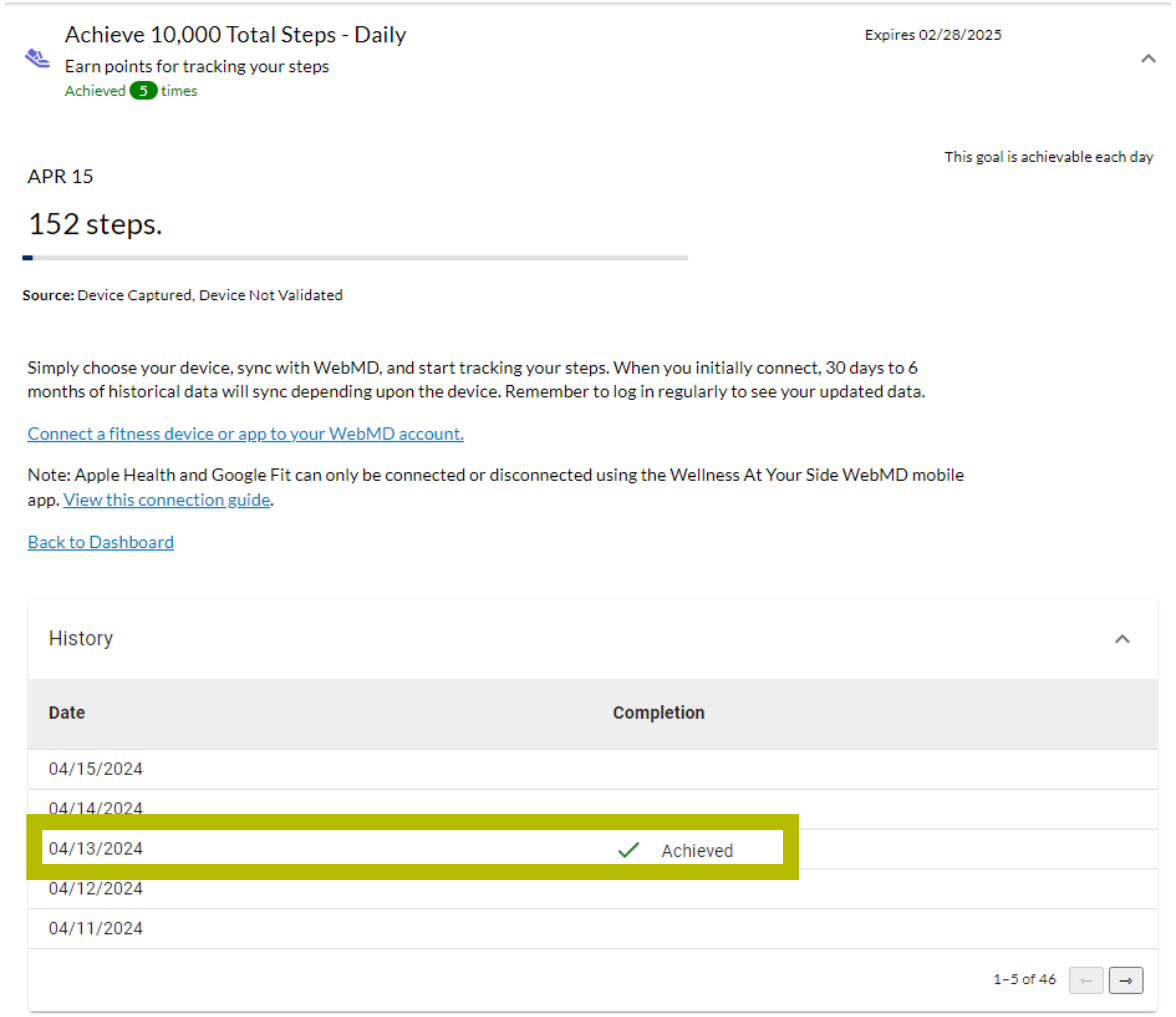


Track Your Goals

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.

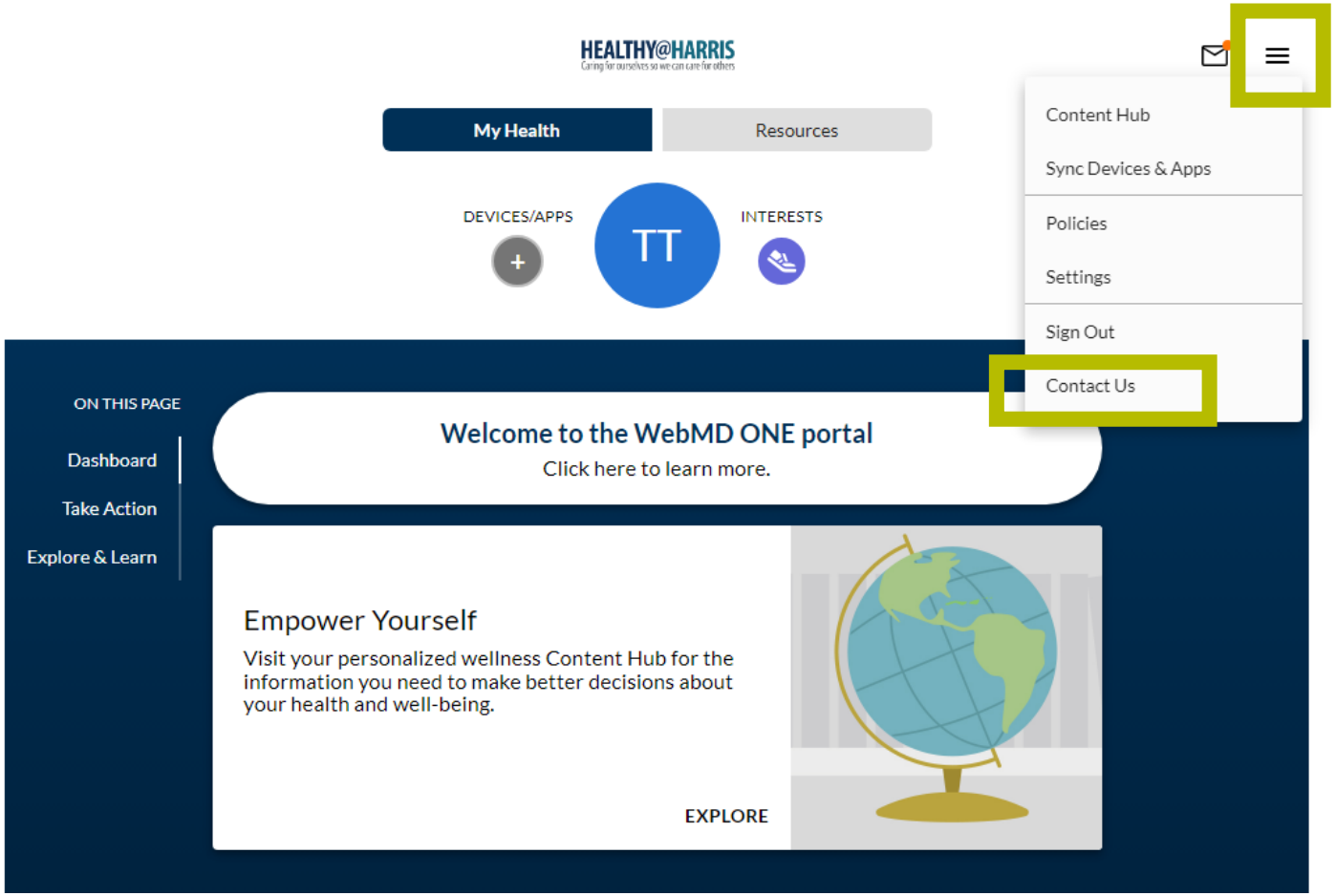


Need Help?

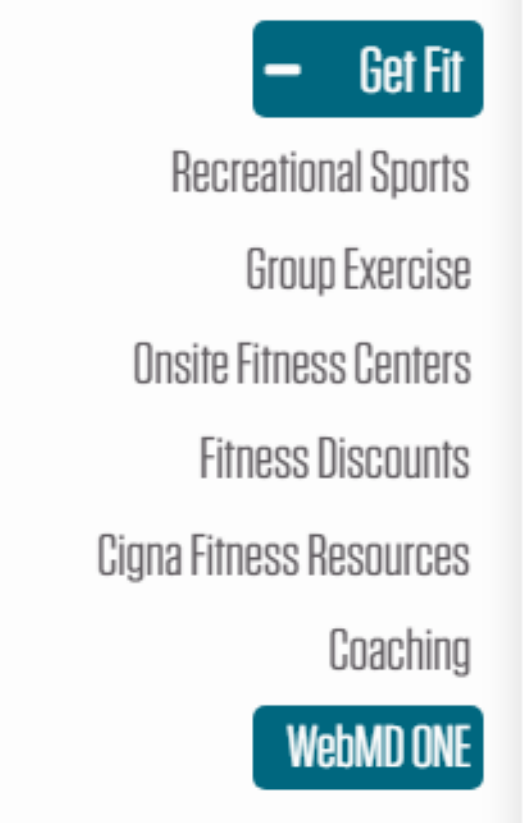
Click “Contact Us” from your Menu.

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



- 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

HEALTHY@HARRIS

346-426-1597
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www.harrishealth.org/employee-wellness

#3 in America

#1 in Texas