

# Getting Started with the Online Wellness App

The MyBenefitsChannel Wellness Center app gives you 24/7 secure access to a free, private and secure online wellness program, as well as a suite of wellness educational tools designed to help you and your family practice living a healthy lifestyle! Read on to learn how to get started today!



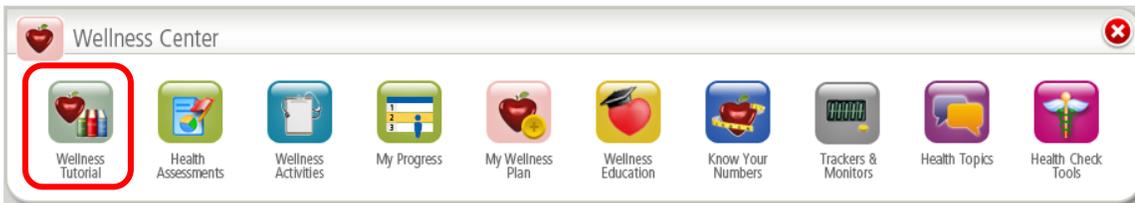
## Step 1: Log-into MyBenefitsChannel.com

- Log-in to [www.MyBenefitsChannel.com](http://www.MyBenefitsChannel.com) using
- your username and password.
- If it is your first time at the site, click the “Register Here” button to register and create your username and password.
- Remember, MyBenefitsChannel uses the same secure encryption that banks do and your personal information is never shared!



## Step 2: Go to your Wellness Tutorial

- Open the “Wellness Center” app by click the app button
- Click the “Wellness Tutorial” button



## Step 3: Review your Wellness Tutorial

- Review the details of your Wellness Plan in your Wellness Tutorial
- Your Wellness Tutorial will have all the details about how you can use all of the great tools and resources on MyBenefitsChannel to help practice living a healthy lifestyle!

**Questions?** If you have questions or need additional help, please feel free to contact Five Points at 800.435.5023.



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