OnPoint for HEALTH

Mobile App Guide

WellBeing+Me

UnityPoint Health

Download the Mobile App

ANDROID USERS

Step 1: Open the Google Play Store app.
Note: you can also go to play.google.com

Step 2: Search for the "WellBeing+Me" app.

Step 3: Select the "WellBeing+Me" app.

Step 4: Tap "Install"   INSTALL

Step 5: Follow the onscreen instructions (if activated) to finish installing the app.

GET IT ON
Google Play

WellBeing+**Me**

APPLE USERS

Step 1: Launch the App Store.

Step 2: Tap the magnifying glass to search for the "WellBeing+Me" app.

Step 3: Select the "WellBeing+Me" app.

Step 4: Tap "Get"   GET

Step 5: Follow the onscreen instructions (if any) to finish installing the app.

Download on the
App Store

WellBeing+**Me**

UnityPoint Health

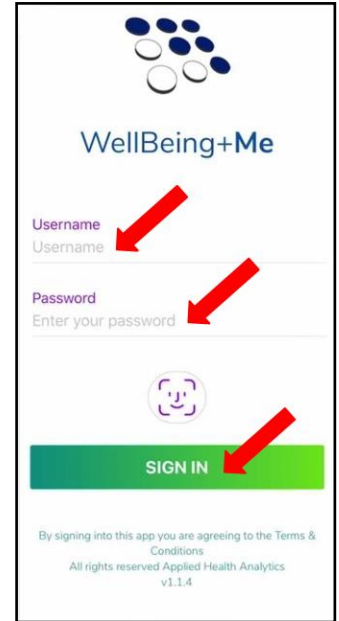# On Point for HEALTH

Login to the Mobile App

Step 1: Tap the "Wellbeing+Me" application

Step 2: Enter username and password information.

> **Note: You MUST have a username and password created OnPoint for Health PRIOR to accessing the mobile app**
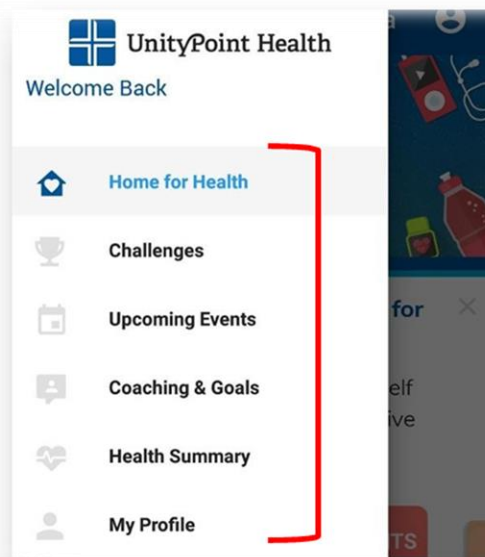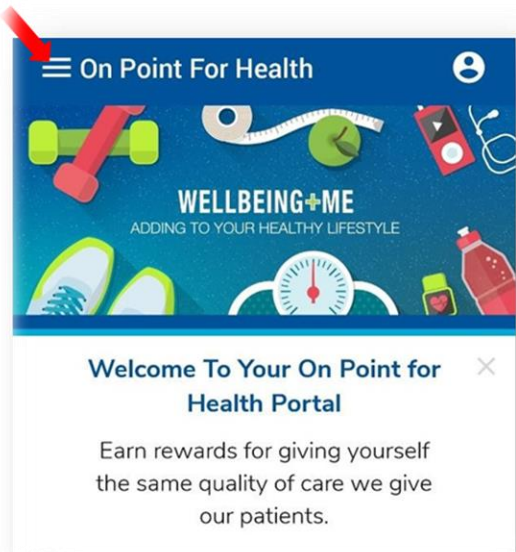>
> *The mobile app does have Touch ID and Face IDcapabilities for fingerprint and facial recognition sign-on if set up on your mobile device.*

Step 3: Tap "SIGN IN"

Navigate the Mobile App (Option A)

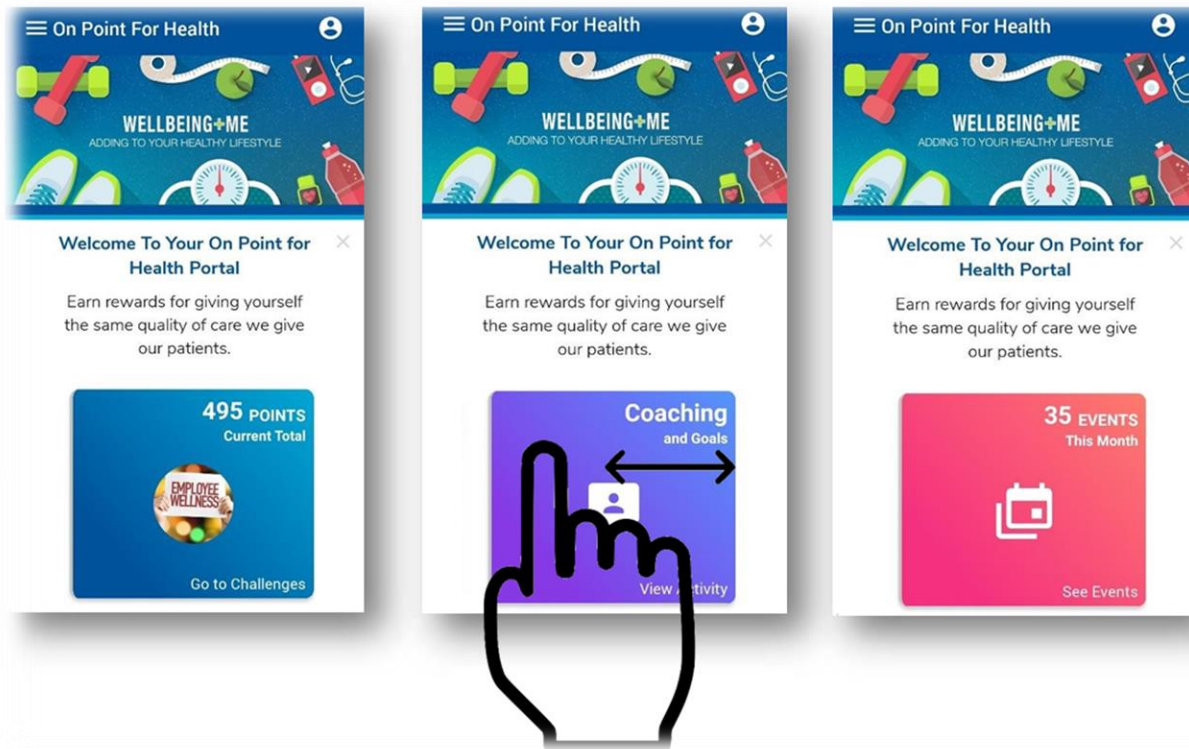**Step 1:** Tap the icon to access the navigation drop-down menu to select a page.
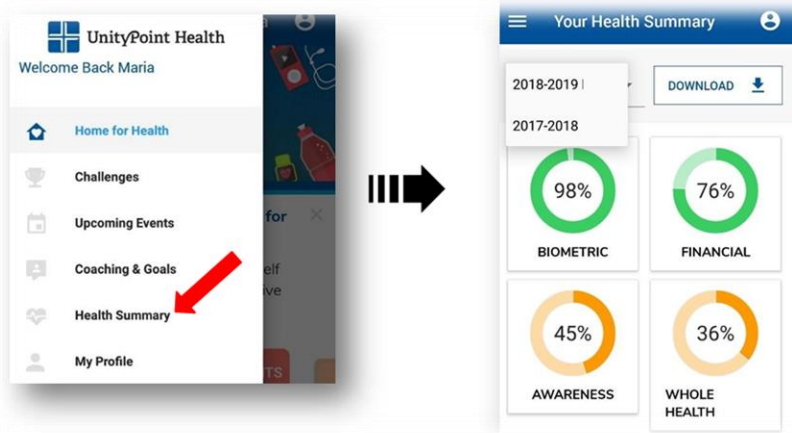
Navigate the Mobile App (Option B)

Step 1: Scroll right to left and tap the page you wish to access.

Access HRA/Personal Health Results

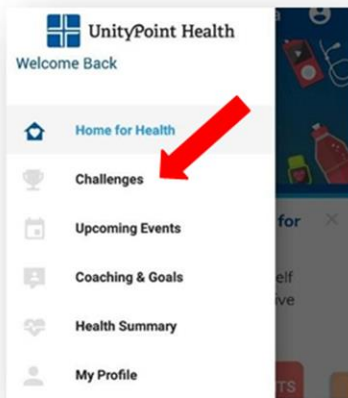**Step 1:** Select "Health Summary" from the navigation drop-down menu.
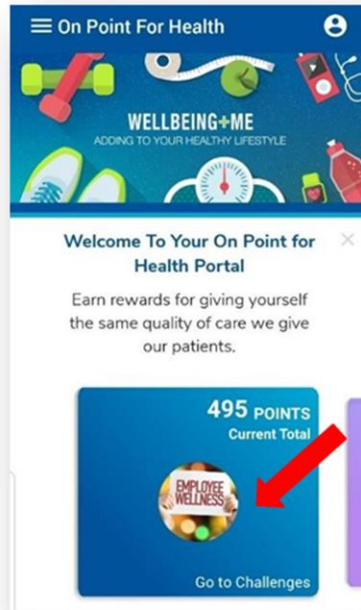

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Participate in a Self-Report Challenge

Step 1: Tap the Points/Challenges tile or select "Challenges" from the navigation drop-down menu.

OR

Access Challenges

Step 1: Select the challenge in which you would like to participate by scrolling throughthe list of available opportunities and tapping the name of the challenge.
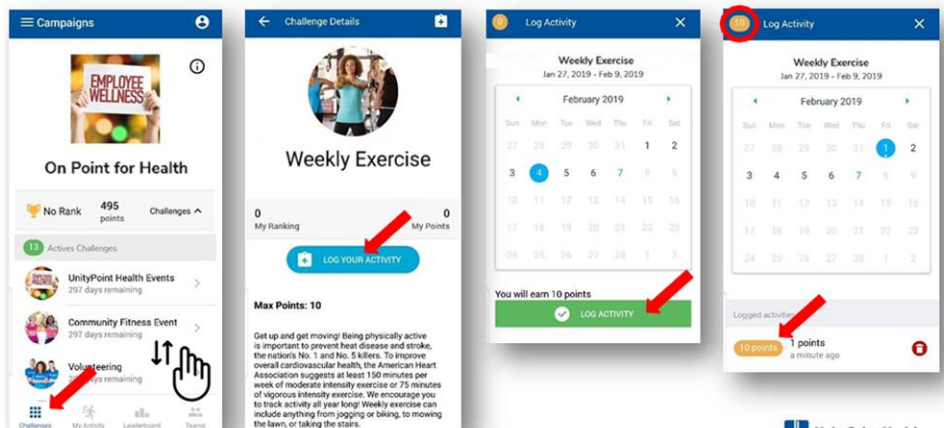
Step 2: Select "Log Your Activity."

Step 3: Select the appropriate date of completion by clicking the date in the calendar.
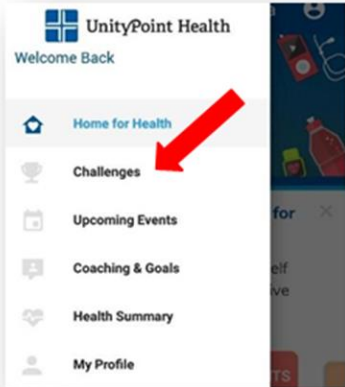
Step 4: Tap "Log Activity."

Step 5: Confirmation will appear with the points awarded.

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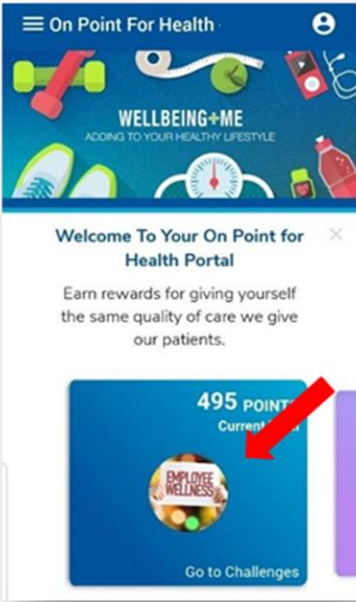
Optimum Health Solutions

UnityPoint Health
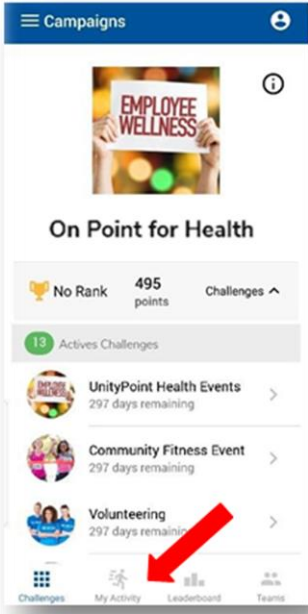
Access Point History

Step 1: Tap the Points/Challenges tile or select "Challenges" from the navigation drop-down menu.
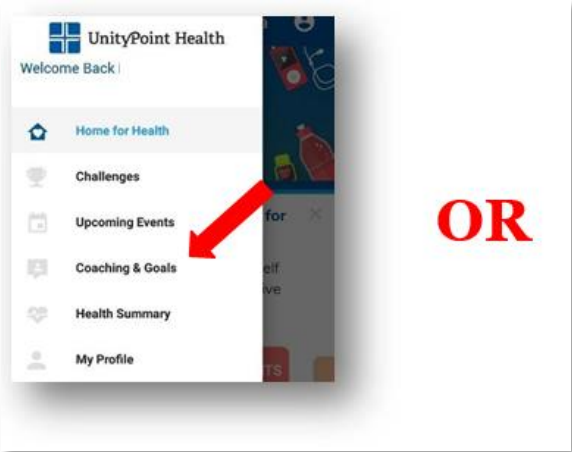

OR

Step 2: Tap the My Activity icon to access a list of completed challenges that will appear in chronological order.
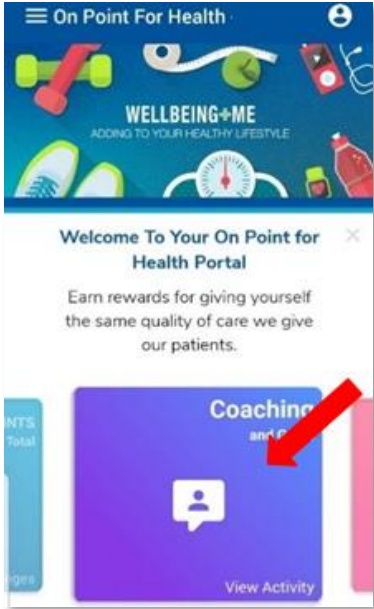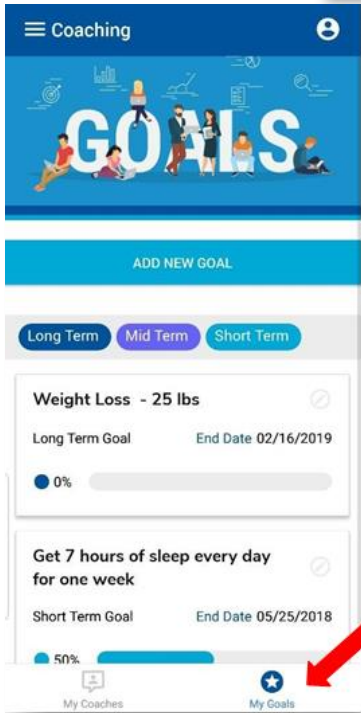
Access Journey to Wellness Information

Step 1: Tap the Coaching tile or select "Coaching & Goals" from the navigationdrop-down menu.
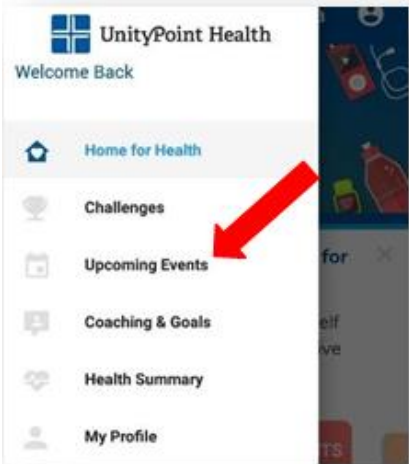

OR

Step 2: Use coaching correspondence icons to communicate with your coach and/oraccess your Coaching Goals by tapping the "My Goals" icon.
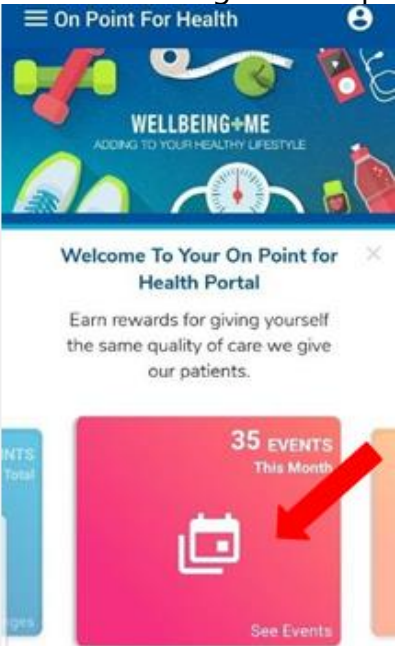

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Access Regional Events

Step1: Tap the Events tile or select "Upcoming Events" from the navigation drop-down menu.
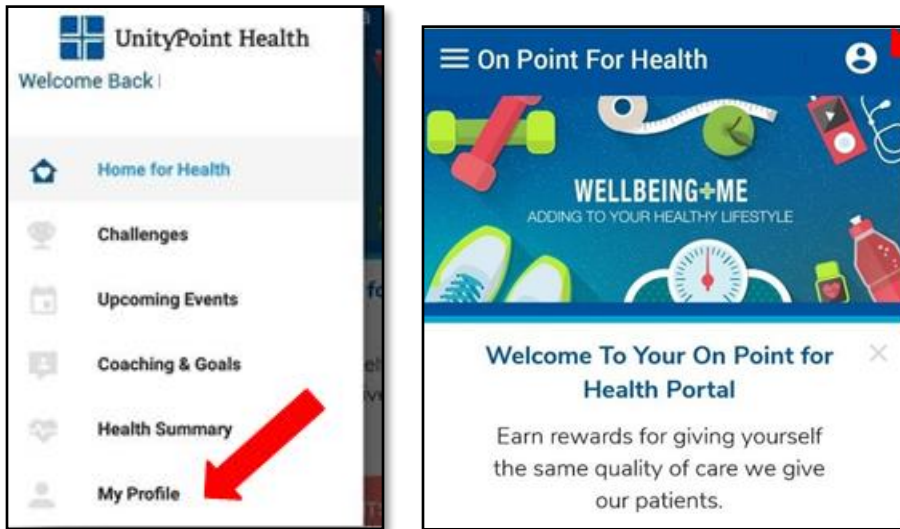

OR

Step 2: Scroll through the event listing and tap the name of the event for more detailed information or to complete the registration process.
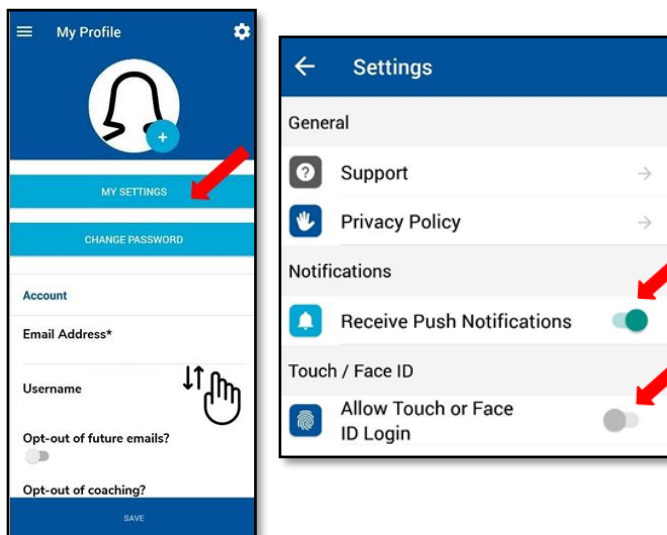
Edit/Update Personal Settings

Step 1: Tap the Profile icon or select "My Profile" from the navigation drop-down menu.

Step 2: Update personal information if needed and tap save once complete.

Step 3: Tap the Settings icon or tap "My Settings" to make changes to your notifications or login settings. Tap to turn on or off.

Additional Assistance

For questions regarding challenge details, please contact your regional wellness team, submit a case in Lawson, or call AskHR at **(888) 543-2275.**

For questions regarding navigation of the OnPoint for Health website/mobile app or technical issues, please contact UnityPoint Health – Applied Health Analytics at **(855) 581-9910.**

For password issues, please contact the technical support team at (855)581-9910.