

How to sign up for Healthy Lifestyles

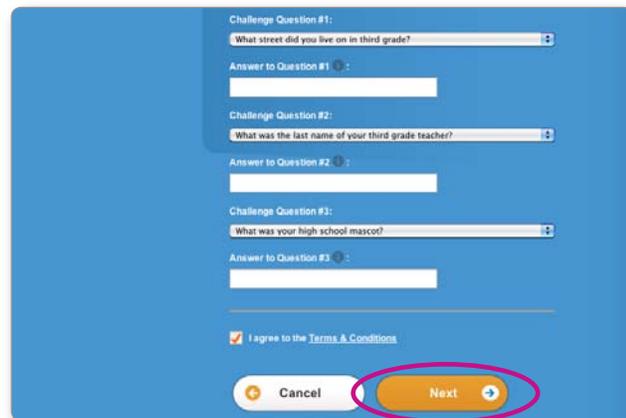


1. Go to MyHealthyLifestyles.com and select **Sign Up**.

2. Enter your **name**, **date of birth**, **postal/ZIP code**, select your **gender** and click **Next**.

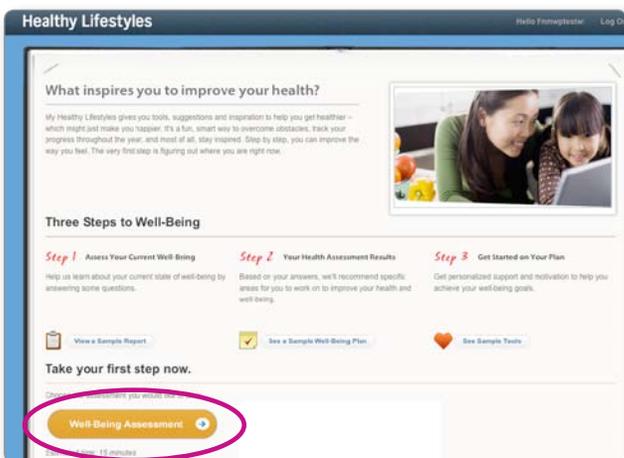


3. Enter your **email address**, **phone number** and create a **username** and **password**.



4. Select and answer your **challenge questions*** (used to retrieve a forgotten password), agree to the **Terms and Conditions** and click **Next**.

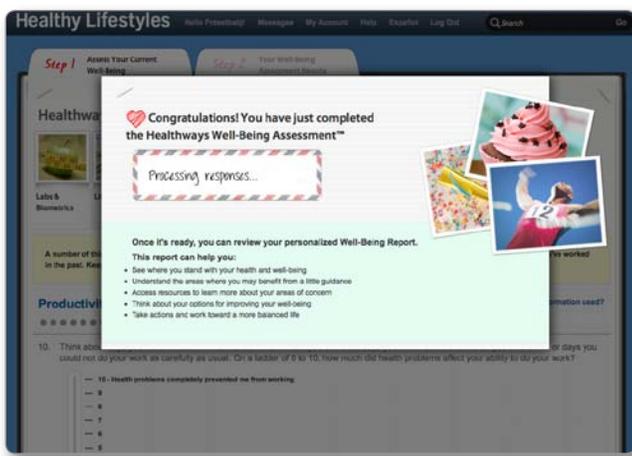
*Each challenge question answer must be unique.



5. Select **Well-Being Assessment** to get a complete picture of your current health and what it will take to improve it.



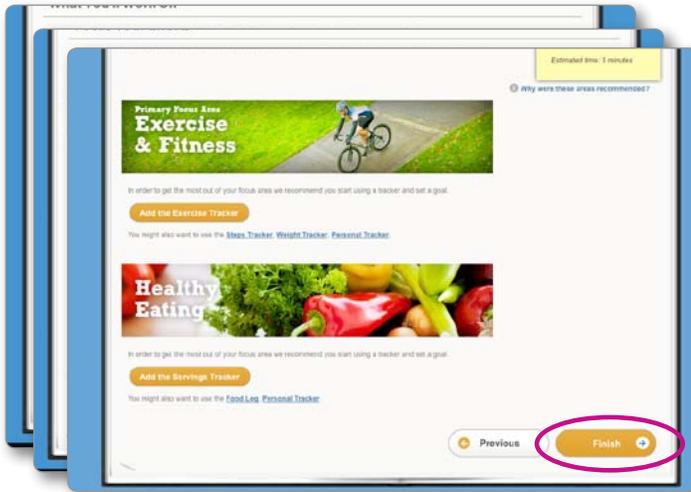
6. Select **Start** and answer the questions on the following screens.



7. When you answer the last question and click **Finish**, you will see this screen while your answers are processed.



8. Click **View Full Report** or download a PDF. After you've reviewed your results, select **Create Your Well-Being Plan**.



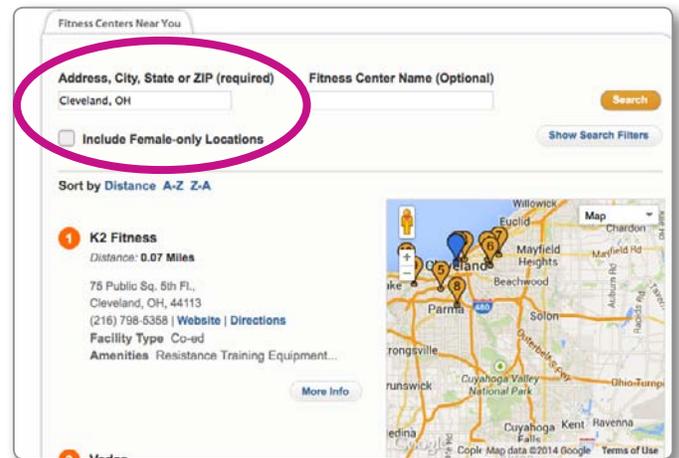
9. Healthy Lifestyles will show you the areas that the program can help you address. Answer the questions on the next few screens and click **Finish** to complete your Well-Being Plan setup.



10. Congratulations! You are now ready to start using all of the tools that Healthy Lifestyles has to offer. To find a fitness center and print a temporary fitness card, go to the **Resources & Tools** tab and select the **Fitness Centers** link.



11. Click **Print a Temporary Card** or **Request a Replacement Card** to get your Prime fitness card number.



12. Find a Prime fitness center near your home or work.

If you have questions about signing up or program details, please call customer service at 855-817-0647.

