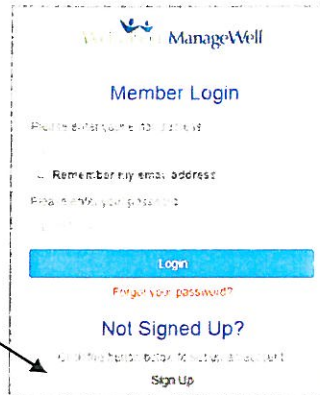


How to Register on the Medford School District Wellness Portal

Aspirus Business Health is excited to partner with the Medford Area School District Wellness Program to provide you with access to a new personal online Wellness Center, www.managewell.com. This website features valuable health programs and tools as well as a central location for storing and tracking your wellness efforts.

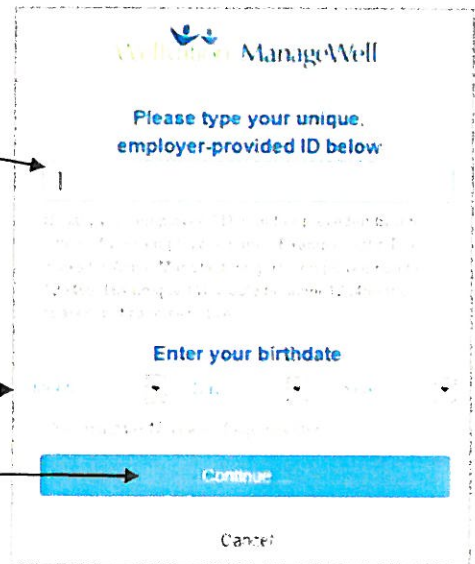
Logon to the website www.managewell.com and follow the instructions below to register and get started today.

1. Go to www.managewell.com and click on "Sign Up".



2. Enter your "Unique ID".

This Unique ID is the first few letters of your company, "MAPS", followed by your employee number. Covered spouse/domestic partner will add the letters "SO" at the end.



3. Enter your date of birth.

4. Select "Continue..."

5. Confirm your name.



6. Read through the "Terms".

7. Select "I accept these terms".



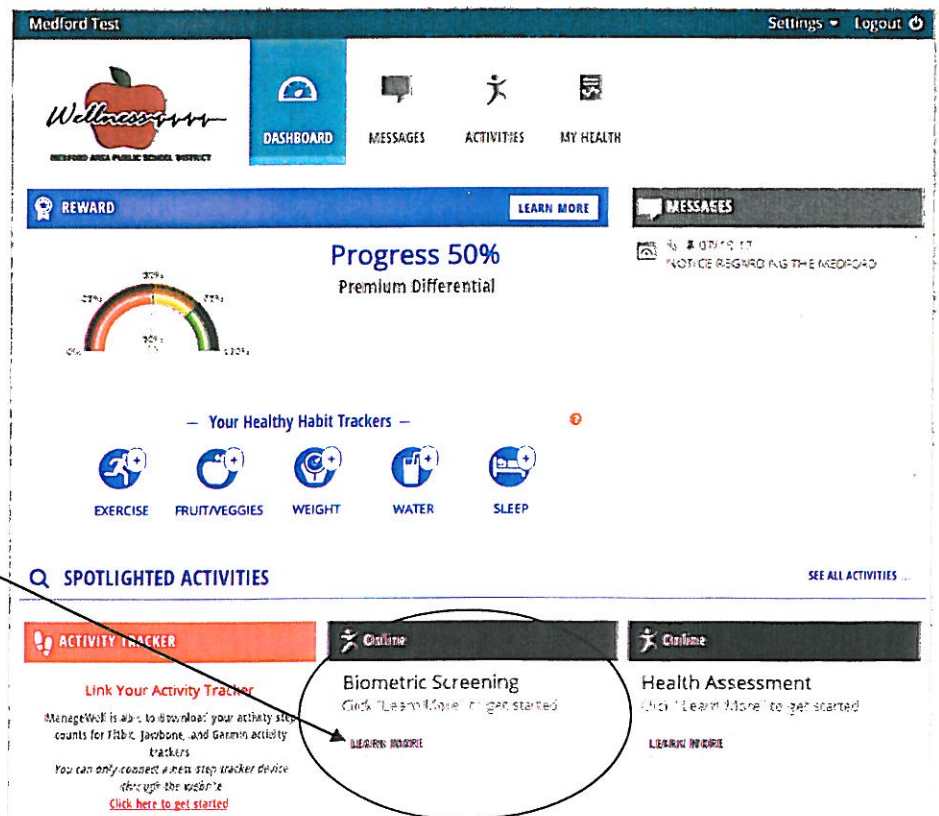
8. Enter a unique and valid email address and password. Remember these for the next time you log in to the website.



9. Select "Continue..." Take will take you to your Home/Dashboard page.

10. Welcome to your personal Wellness Center, where you can complete your Health Risk Assessment, track progress, utilize daily health trackers for nutrition, exercise & weight, sync your activity tracker, and engage in well-being activities offered through the MAPS Wellness Program.

11. Click "Learn More to sign up for your onsite Biometric Screening.



Questions about registering or navigating the webpage? Contact Aspirus Business Health at 844-309-1269 or by email at wellness@aspirus.org.