

YOUR DENVER HEALTH MEDICAL PLAN WELL-BEING USER GUIDE



Welcome to the new DHMP well-being platform!
This guide provides helpful information for navigating the BeWell platform.

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ACCOUNT CREATION

Welcome to BeWell by DMHP!

Get ready to reach your health and wellness goals with the new program at:
bewelldhmp.org

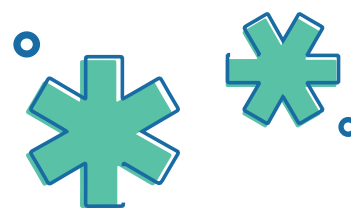
You can get started on earning your reward by following the steps below to create your account.

Create your account:

1. Visit **bewelldhmp.org** and select SIGN UP.
2. Enter your email address and click SUBMIT.
3. Enter the activation code sent to the email address you provided and click SUBMIT.
4. Confirm your first name, last name, health plan ID and date of birth, and click CONTINUE.
5. Fill in all fields on the Create an Account page and then click CREATE ACCOUNT at the bottom.
6. AGREE to all terms of use.

Check your To-do List, take your Well-Being Assessment and review the monthly Learning Modules.

We recommend saving **bewelldhmp.org** and your password in a safe place so you can easily access your account, track your progress and stay engaged with your well-being.

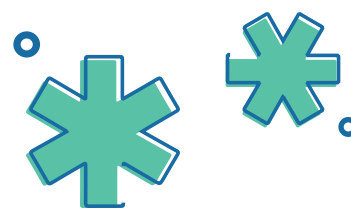


IMPORTANT PORTAL FEATURES

Get ready to experience the new BeWell DHMP website at bewelldhmp.org. The new layout features a more functional homepage, allowing you to focus on what really matters: supporting your health and well-being.

The new website also features:

1. Health Trackers – Seamlessly sync your favorite devices, such as Fitbit health trackers, and connect your Apple Health app through the Healthy Path app.
2. To-Do Activities – Check out your new one-stop shop to view personal goals and activities.
3. Incentive Points Tracker – Easily view your program requirements, incentives and points earned.
4. Well-being Assessment – The new well-being assessment evaluates lifestyle behaviors to determine how they contribute to, or detract from, your optimal health.
5. Well-being Advisor – Discover areas of risk based on your well-being assessment and use the well-being advisor to view recommended goals and activities to improve your well-being.



HEALTHY PATH APP

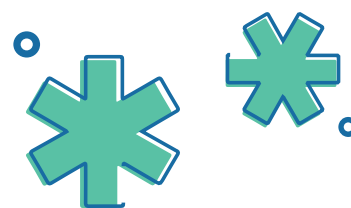
The path to well-being is at your fingertips. Download the Healthy Path app from the App Store or Google Play Store and search for BeWell DHMP.

If you haven't created an account yet, follow the steps below to get started.

1. Enter your email address and click SUBMIT.
2. Enter the activation code sent to the email address you provided and click SUBMIT.
3. Confirm your first name, last name, health plan ID and date of birth, and click CONTINUE.
4. Fill in all fields on the 'Create an Account' page and then click Create Account.
5. Agree to the terms of use.

You will be able to use Face ID with Apple devices and Touch ID with Apple and Samsung devices.

Download the Healthy Path app and get started today!

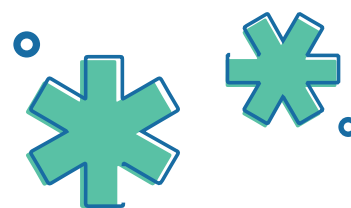


HOW TO: WEIGHT LOG

Weighing in is a great way to maintain a healthy weight and track your progress as you achieve your goals. Follow the steps below to start logging your weight.

1. Visit bewelldhmp.org and click Sign In.
2. Select Health Trackers from the column on the left of the screen.
3. Select Weight.
4. Select Add Entry or Connect an app.
 - » Add entry – select Add Entry, fill out the form and click save.
 - » Connect an app – select Connect an app. Select any available app, follow your device's instruction to connect and select Connect.
 - To Connect to an Apple device or Apple Health to your account, the connection must be completed through the Healthy Path app on your mobile device.

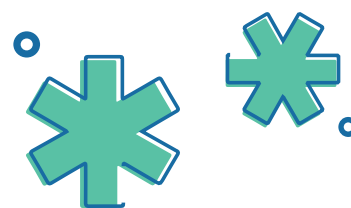
You can also set a weight goal under the Tracker Summary at the top of the page by selecting Add Target.



HOW TO: BLOOD PRESSURE

Is your blood pressure a concern? You are able to track your blood pressure on the BeWell DMHP website. Follow the steps below to begin logging your blood pressure.

1. Visit bewelldhmp.org and click Sign In.
2. Select Health Trackers from the column on the left of the screen.
3. Select Blood pressure.
4. Select Add Entry or Connect an app.
 - » Add entry – select Add Entry, fill out the form and click save.
 - » Connect an app – select Connect an app. Select any available app, follow your device’s instruction to connect and select Connect.
 - To Connect to an Apple device or Apple Health to your account, the connection must be completed through the Healthy Path app on your mobile device.

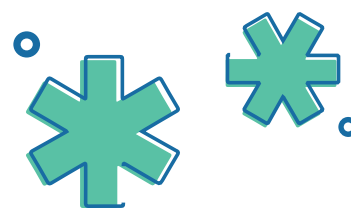


HOW TO: BLOOD GLUCOSE

Recording your blood glucose is easy with our Blood Glucose Tracker. Follow the steps below to begin logging your blood glucose.

1. Visit bewelldhmp.org and click Sign In.
2. Select Health Trackers from the column on the left of the screen.
3. Select Blood glucose.
4. Select Add Entry or Connect an app.
 - » Add entry – select Add Entry, fill out the form and click save.
 - » Connect an app – select Connect an app. Select any available app, follow your device's instruction to connect and select Connect.
 - To Connect to an Apple device or Apple Health to your account, the connection must be completed through the Healthy Path app on your mobile device.

Select Add Target in the Tracker Summary at the top of the page to set your target blood glucose.



HOW TO: STEPS TRACKER

Recording your steps is a great way to stay accountable as you achieve your health and wellness goals. Follow the instructions below to get started.

1. Visit bewelldhmp.org and click Sign In.
2. Select Health Trackers from the column on the left of the screen.
3. Select Steps.
4. Select Add Entry or Connect an app.
 - » Add entry – select Add Entry, fill out the form and click save.
 - » Connect an app – select Connect an app. Select any available app, follow your device's instruction to connect and select Connect.
 - To Connect to an Apple device or Apple Health to your account, the connection must be completed through the Healthy Path app on your mobile device.

You can also set your personal steps goal by selecting Add Target under the Tracker Summary at the top of the page.

