Portal Quick Guide

This user guide will help you navigate the BeWell UC portal. This guide reviews important features and how to access them. For questions about accessing the portal, please contact Asset Health at support@assethealth.com or call (877) 549-4584.

Login Page

Log in to the BeWell UC portal on your desktop or mobile device at assethealth.com/bewelluc.

Your username is your UC 6 + 2 (+ ‘S’ if you’re a spouse/ domestic partner). Your password is your date of birth (mmddyyyy).

If you can’t remember your password and would like to have it reset, click Having trouble logging in?

Home Page

Welcome to the Asset Health home page. Here you can access all the programs and services Asset Health and the University of Cincinnati offer to you.

1. Track your incentive progress for your goals and achievements from the Goals and Achievements widget.

2. Schedule your health screening and download the Physician Form from the Health Screening Scheduling widget (the Physician Form is only needed if you don’t attend an on-site screening).

3. The Courses at a Glance widget highlights wellness courses. You can view and access all courses by clicking the View Course Detail button or by clicking the Courses tab at the top of the screen.

4. The Alerts widget displays the dates when your Health Assessment is available to take and how many courses you have completed.

5. Check out Health News for the latest news from the web.

6. See how many days are remaining to complete your online Health Assessment (HA) questionnaire or view BWUC Health Assessment details from the BWUC Health Assessment widget.
Screening & Assessment

The Screening & Assessment page is where you will go to complete your Health Assessment (HA) and view your HA results and history.

1. Here you will see a review of your results once you have completed your HA.
2. Here you will see the schedule of availability for your HA.
3. You can complete your HA by clicking the appropriate link in the yellow box.
4. Here you will see a chart with your biometric summary, showing whether your biometric numbers are within the healthy guidelines or not and whether they put you at risk for certain health conditions. When you have completed your HA, your biometric numbers will update.
5. Your HA history will display here.

Courses

On the Courses page, you will be able to access all the available courses and tests. You can also view your test results by clicking on the icon in the Results column.

1. On this page, you can view instructions about how to take the test.
2. Click on the course name or the icon in the Course column to begin a course.
3. The key under the course list will tell you what each icon represents.
4. When you have completed a course, you will be led to the course test. You can also click this icon to complete the test. You can retake the test by clicking the icon in the Test column.
5. You can also fill out the survey about each course to provide your feedback.
Tracking

The Tracking page is where you will go to create goals, report activities, and keep track of your incentive progress.

1. The Well Board displays the various wellness categories. You can quickly report activities or view progress for each category by clicking Report or Progress in each individual widget.

2. Create a goal and view your goal history from the Goals tab.

3. The Reporting tab is where you will go to report activity for your Nutrition or Exercise goals and wellness activities.

4. The Progress tab is where you will go to view a summary of activities you have reported. Click the individual tabs to view reported activities, reporting history and points earned in each category.

Resources

From the home page, select the Resources tab to view links to outside sites and other resources that will provide you with additional information about a topic you are interested in or a specific health issue.

Use the tabs here to connect to additional resources.

My Settings

In the My Settings section of the website, you can update your personal information, username, password and security settings.

Support

If you are having trouble navigating the system, or have general comments/feedback, go to the Support tab on the navigation bar and complete the requested information. Then, select Submit.

For additional questions or concerns, please contact Asset Health at support@assethealth.com or call (877) 549-4584.

Log Out

Once you have finished your session, you can click Logout at the top right from any screen.