The 2020 Be Well UC portal powered by Alyfe Wellbeing Strategies has been updated for a NEW user experience. To get started on your well-being journey, you will need to register your portal account. Once you register, you will be able to self-report activities, track points, participate in well-being workshops, and set monthly wellness goals. ALL participants will need to create a new account.


2. Create your account by clicking on Sign Up and filling out the required information (First Name, Date of Birth and M#), click Lookup Account. Once your account is verified, you can create any username and password you choose. Once you set up your profile, start your well-being journey by engaging in the following:

**WELL-BEING OBJECTIVE**—Select a well-being objective – a topic you want to focus on this year. Setting your well-being objective helps narrow the focus of the content that is offered to you, providing you a wealth of information to support you in achieving your health goals.

**PERSONAL HEALTH ASSESSMENT (PHA)**—Our PHA is a 5-minute confidential questionnaire that asks about your lifestyle and habits. Your answers allow the portal to tailor your online experience to your personal health goals, providing information most relevant to you.

**WELL-BEING WORKSHOPS**—Looking for some bite-sized health information? Check out our Well-being Workshops! Short, easy-to-complete education sessions on a variety of health topics.

**Incentives**

Getting paid to Be Well has never been so easy. Use the How to Track Your Points guide to walk through the steps of logging your points. It’ll take you no time to get the hang of it – and see those incentives increase!

**Engagement Bonus**

Earn the $50 Engagement Bonus by completing any portal activity at least 10 of 12 months during the calendar year! Activities include Well-being Workshops, setting and tracking a health goal, completing the Health Assessment, and completing a Buddy Challenge.

Learn about upcoming programming, events and challenges directly from your portal homepage under the What's New section and Upcoming Events. Under the Resource section you can find benefits information, program resources and guides on how to navigate the portal.

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If you would like to reach a member of the Be Well UC Team, please email wellness@uc.edu. If you need assistance or help with using the Alyfe Wellbeing portal (bewelluc.alyfewellbeing.com) please contact Alyfe via email at bewelluc@alyfewellbeing.com or by phone (844) 384-0500.