

## Accessing Your PATH Personal Health Portal

By participating in your employee wellness program, you will have access to your very own Personal Health Portal which gives you a snapshot of your current state of health, the ability to register for events, and participate in challenges. Follow these steps to get started.

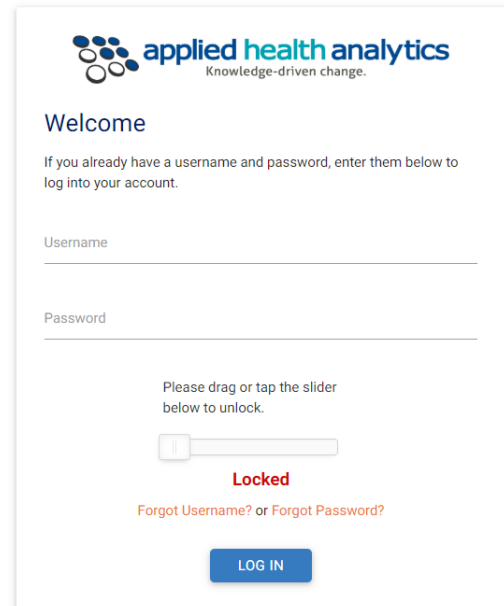
**Step 1:** Access your Personal Health Portal by visiting <https://personalhealthportal.net/login>

**Step 2:** Enter the username and password you created when you completed your Personal Health Survey.

- If you have not previously set-up a username and password, click on the “get started” button and follow the steps.
- If you cannot remember your username or password, use the Forgot Username/Password function to have the information emailed to you.
- If you still have an issue, contact **855.581.9910**

**When creating your account, use your...**

- Legal first and last name
- Email address (work email if you have one, personal if you do not)
- Home zip code (that is on file with your company’s HR team)
- Employee ID or last 4 of social security number



Don't have an account? **Get started!**

need help? ☎ (855) 581-9910 | ✉ [helpdesk@appliedhealth.net](mailto:helpdesk@appliedhealth.net)  
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**Step 3 (optional):** Download the app, Wellbeing + Me in the app store or Google Play.



- You must create your username and password on the website before you can log into the app.
- The app can be used for challenge participation, watching educational presentations, and registering for upcoming events at your work.

Questions? Email [PATH@bmcjax.com](mailto:PATH@bmcjax.com)