

Wellness At Your Side App Preview

October 2021

WebMD
health services



MOBILE FRIENDLY

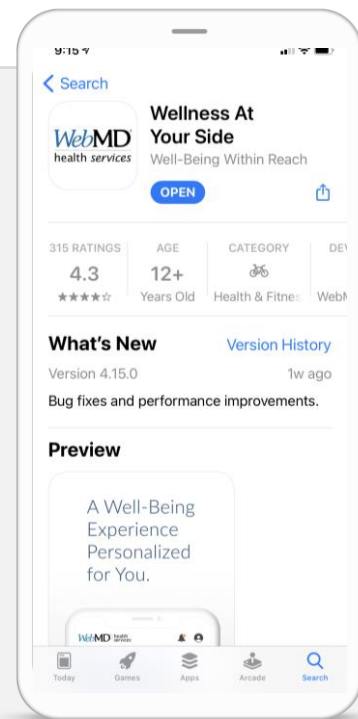
Wellness at Your Side App



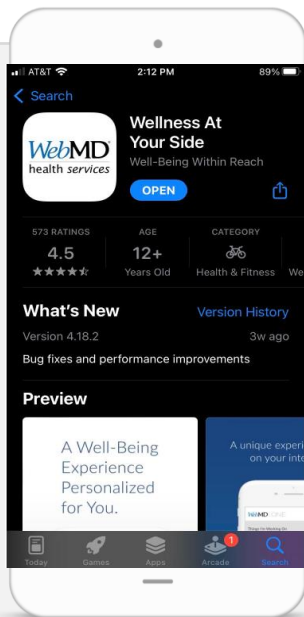
Wellness At Your Side App

- You can register within the Live Well Portal, or using the Wellness At Your Side app.
- Download the “Wellness At Your Side” app
 - Connection code = AECOM (not case sensitive)
- Login using your username and password or begin the registration process.

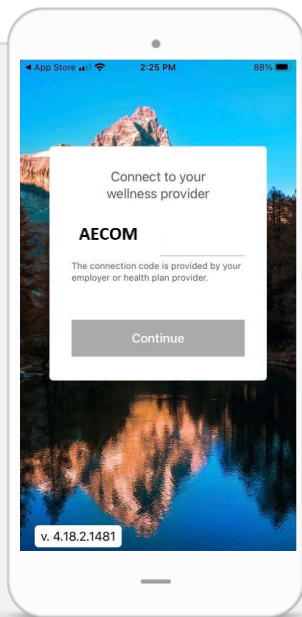
Tip: If you want to connect your Apple or Android devices, you must select “ok” when prompted if you want to allow access to data



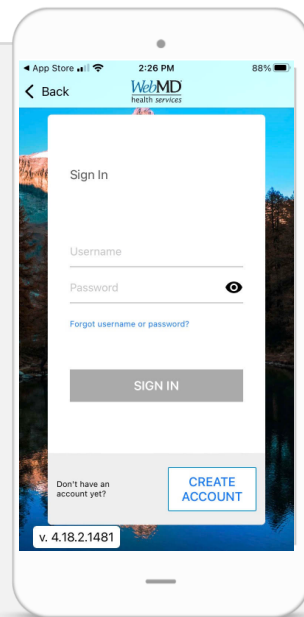
Wellness at Your Side App Setup & Access



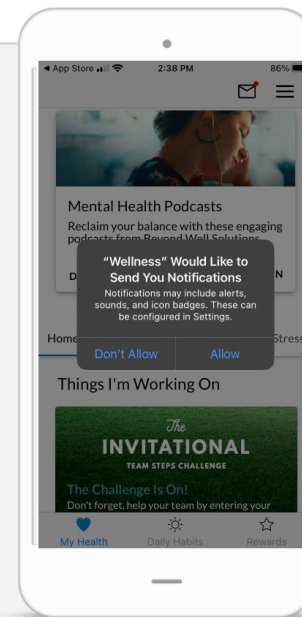
1. Download the WebMD *Wellness At Your Side* Mobile App from App Store or Google Play



2. Enter your Connection Code: **AECOM** (not case sensitive) Then click "Continue"

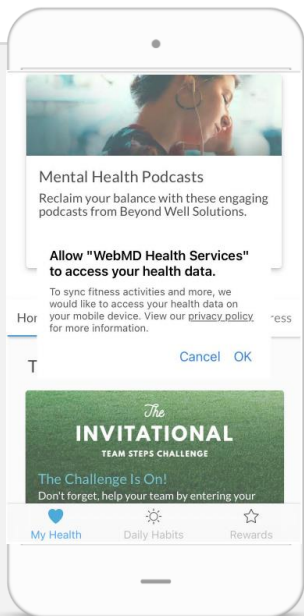


3. Then enter your Username and Password or "Create Account"

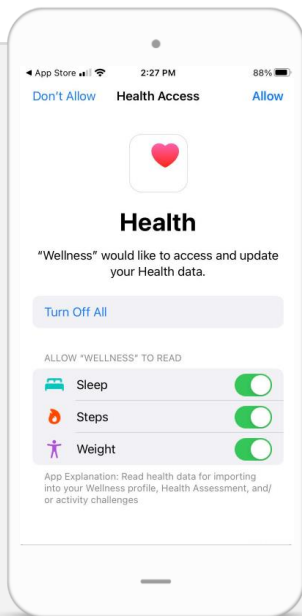


4. Indicate if you want to allow for push notifications from the app. Select "Allow"

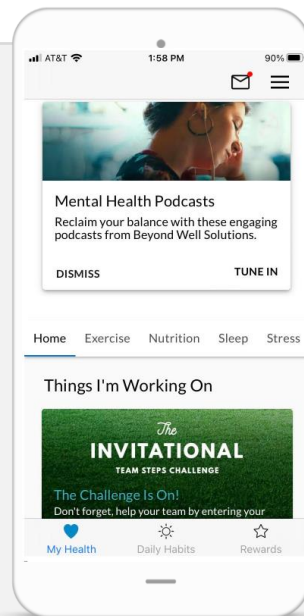
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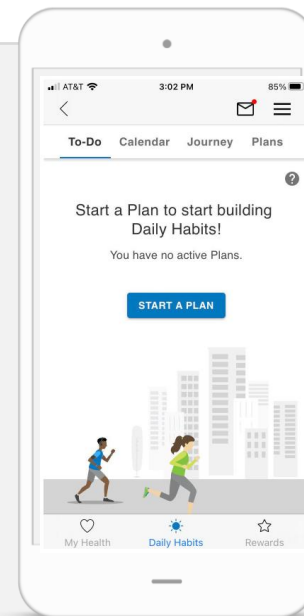
1. If you are using a device that has Apple Health or Google Play you will see the above message. Select "OK"



2. Select what data you want shared with WebMD and click "Allow".



3. Now you can access and use the Wellness At Your Side app



4. Select Daily Habits at the bottom of the screen you can begin tracking a plan.

Wellness At Your Side app

What can I see on the app?

- You will have access to everything you do on the desktop site:
 - Push notifications
 - Easy access to
 - Health Assessment
 - Daily Habits
 - Challenges
 - Health Coaching
 - Rewards
 - Site registration
 - Personal Health Record
 - Client specific programs via cards



Empowering Well-Being In Everyone