

Wellness Portal Registration

Visit [BSWHealth.com/Benefits/LiveWell/I-Want-To/Well-being-Portal](https://www.bswhealth.com/Benefits/LiveWell/I-Want-To/Well-being-Portal)

Click the Log in button

The screenshot shows the top navigation bar of the Baylor Scott & White Well-being Portal. The navigation menu includes: Back to Home, Physical, Emotional, Spiritual, Professional, Financial, Social, and BSW Benefits. A search bar is located in the top right corner with the placeholder text "Search here...".

The main content area features a large green banner with the text "Access my well-being portal". Below this banner is a navigation bar with three buttons: "WebMD features", "Log in" (highlighted in orange), and "FAQs".

The "Log in" button is highlighted, and a mouse cursor is positioned over it. Below the navigation bar, there is a section titled "The enhanced well-being portal powered by WebMD is where you can find resources that help support your well-being journey." This section includes a list of features: "Log in today and find challenges, daily habits goal tracker, podcast, articles, a personal health record to manage your health data and much more!".

To the right of this text is the WebMD logo, which consists of the word "WebMD" in a blue serif font and "health services" in a smaller, blue sans-serif font below it.

At the bottom of the page, there is a large image of a doctor and a patient in a clinical setting. Overlaid on this image is a white box with the text "There's community for everyone" in a bold, blue font. Below this text is a sub-heading "Be part of a support system" and a paragraph: "Share helpful tips, discuss your experiences, offer encouragement, and join conversations that will help you stay engaged in different health goals, including:". This is followed by a bulleted list of health goals: "Be Active", "Eat Well", "Sleep Tight", "Stress Less", "Healthy Weight", and "Joyful Longevity".

Employees: Click the [SSO Log in](#)

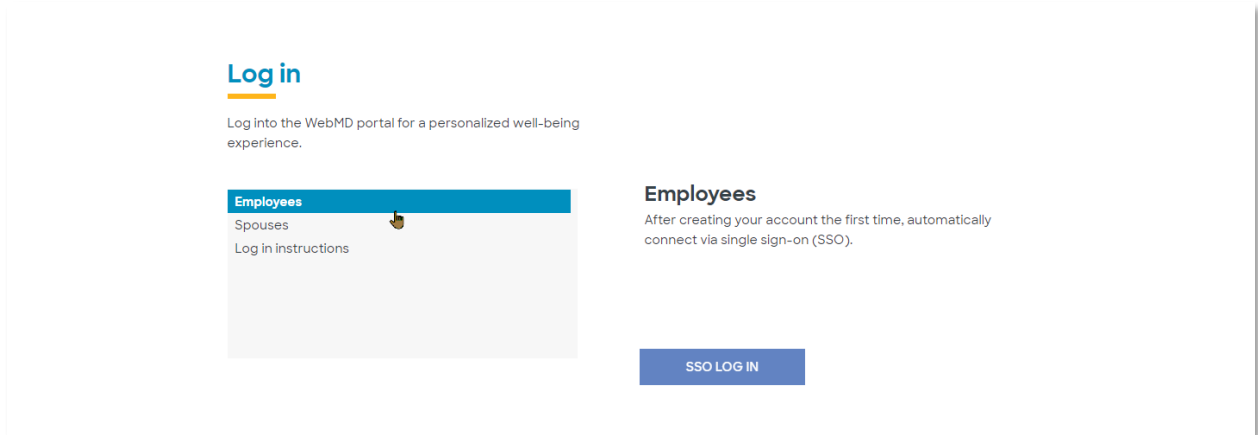
[Follow these registration steps](#)

Note: After creating your account, employees do not need to re-use their username/password for future log-ins, if using the SSO link.

Spouses: Click the [Username Log In](#)

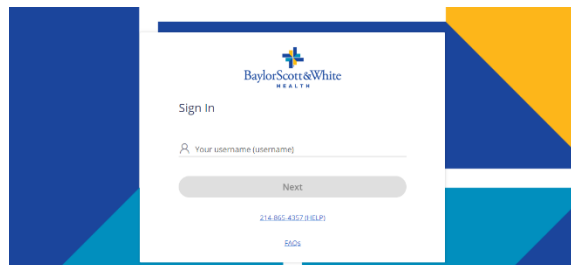
[Follow these registration steps](#)

Note: After creating your account, remember the username/password for future log-ins



Employee Instructions | SSO Log In

1. Click the **SSO Log In** **Note:** After creating your account, employees do not need to re-use their username/password for future log-ins, if using the SSO link.
2. Authenticate your BSW credentials
3. After authenticating, you will be taken to the WebMD account creation screen. Your **Registration ID** will be auto-populated with your employee ID.
4. We suggest **re-using your registration ID as your username** to



streamline the process.

5. Create a **password**
Retype to verify

Authentication and Security Information

Registration ID *

Employees: Employee ID

Spouses: Employees Employee ID + Spouses First name +
Spouses DOB

Example:

12345joe01011970

Username *

(6 or more letters or numbers; special characters allowed; no spaces)

Password *

ON Hide Password [Requirements & Safety](#)

Retype Password *

6. Enter your **birthdate**
7. Enter **email address**
Retype to verify
8. Click to “**check**” the box to “I have read and agreed ...”
9. Click “**Go**”

Birthdate (mm/dd/yyyy) *

1/1/1980

Email Address *

john.smith@bswhealth.org

Enter the personal email address where you would like to receive your Health Manager mail.

Verify Email Address *

john.smith@bswhealth.org

(Please confirm your email address.)

Agreement

* I have read and agreed with WebMD's Terms and Conditions and have read and understood WebMD's Privacy Policy



Your account is created! Note: You will be asked a series of questions—these are not required fields, and information is only used to help customize your portal experience.

Spouse Instructions | Username Log In

1. From the WebMD screen, click **“Create Account”**



Sign in

Username *

Password *

SIGN IN

[Forgot username or password?](#)

Don't have an account yet? **CREATE ACCOUNT**

2. Use the BSWH Employee ID (no leading zeros or letters) + Employee's First Name+ DOB with as your **Registration ID**

Example:
12345Joe01011970

3. Create a **username** that you will use to log in for future access
4. Create a **password**
Retype to verify

Authentication and Security Information

Registration ID *

Employees: Employee ID

Spouses: Employees Employee ID + Spouses First name + Spouses DOB

Example:

12345joe01011970

Username *

(6 or more letters or numbers; special characters allowed; no spaces)

Password *

ON [Hide Password](#) [Requirements & Safety](#)

Retype Password *

5. Enter your **birthdate**
6. Enter **email address**
Retype to verify
7. Click to “**check**” the box to “I have read and agreed ...”
8. Click “**Go**”

Birthdate (mm/dd/yyyy) *
1/1/1980

Email Address *
john.smith@bswhealth.org
Enter the personal email address where you would like to receive your Health Manager mail.

Verify Email Address *
john.smith@bswhealth.org
(Please confirm your email address.)

Agreement

* I have read and agreed with WebMD's Terms and Conditions and have read and understood WebMD's Privacy Policy



Your account is created! Note: You will be asked a series of questions—these are not required fields, and information is only used to help customize your portal experience.

Once you are registered you will receive a *Welcome* email from WebMD with your username and a link to login. If you do not receive an email, be sure to check your Bulk or Spam mail.

Download the WebMD app

With Wellness at Your Side, the WebMD app, you can access BSW Well-being no matter where you are.

Connection Code: **BSWEMP**

