

CareHere Connect User Guide

Sometimes getting healthy may seem overwhelming. It is hard to know where to start or how much progress you're making toward meeting your health goals. CareHere Connect is here to help. CareHere Connect will help you set goals and will break them down into actionable tasks.

This guide will help you understand how to use the CareHere Connect system!

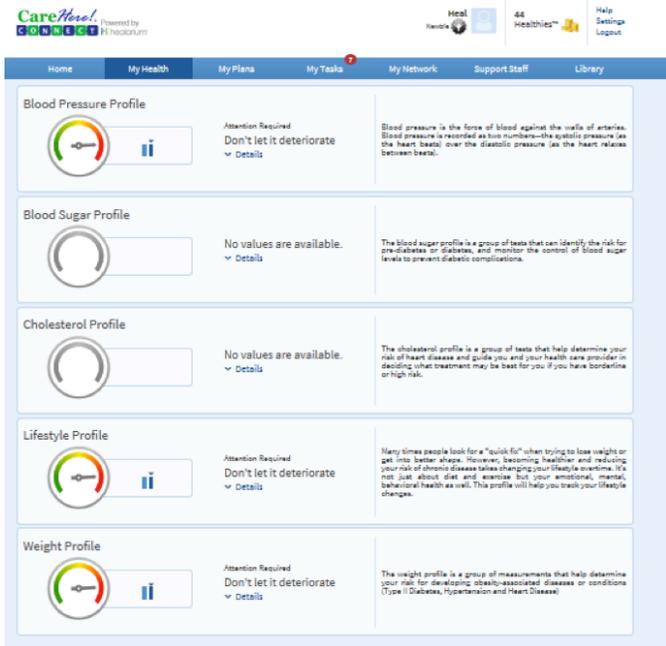
Welcome to your CareHere Connect!

On the CareHere Connect system, you will be able to login in order to see your health data (provided by CareHere) and learn what you can do, step by step, to achieve better health. On the home page, you will see an overview of the site:

The screenshot displays the CareHere Connect user interface. At the top left is the logo "CareHere! CONNECT Powered by hecalorium". To the right are links for "Heal", "44 Healthies™", and "Help Settings Logout". The navigation bar includes "Home", "My Health", "My Plans", "My Tasks" (with a red notification badge), "My Network", "Support Staff", and "Library". A notification banner states: "All Updates > Apr 14 You've been awarded 10 Healthies for logging in. You'll be eligible to get another 10 'login Healthies' in 7 days from now." The main content area is divided into several sections: "My Plans" with a "Healthy Eating" widget showing a gauge and the text "CareHere Healthy Eating Don't give up now You can do it! If you follow your plan better, you will be right on track."; "My Targets" with a "Weight" widget showing a progress bar for "Lose 25 lb" and the text "Keep going! You have got 20 lb more to lose"; "Join the Network" with a list of user avatars and a "Join now!" button; "Rewards Healthies" with a stack of gold coins and the text "Healthies are points you can earn by completing tasks and improving your lifestyle. See how many..."; a "Move Your Way Challenge" banner with a "Click Here!" button; and "Shortcuts" with icons for "Today's Suggestion", "Add New Data", "Help", and "My Updates".

- **My Plans:** A plan is a set of recommendations to guide your day-to-day activities, helping you reach your goals.
- **My Targets:** Targets will show how you're progressing with each goal.
- **My Updates:** This button displays important information, such as your overall accomplishments.
- **Healthies™:** Points can be earned by completing tasks and improving your lifestyle.
- **My Network:** This tab tells you how others in your network are dealing with some of the same issues you're facing. You can help create a health-oriented company culture by getting and giving support to your colleagues as you progress through the system.

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My Health tab

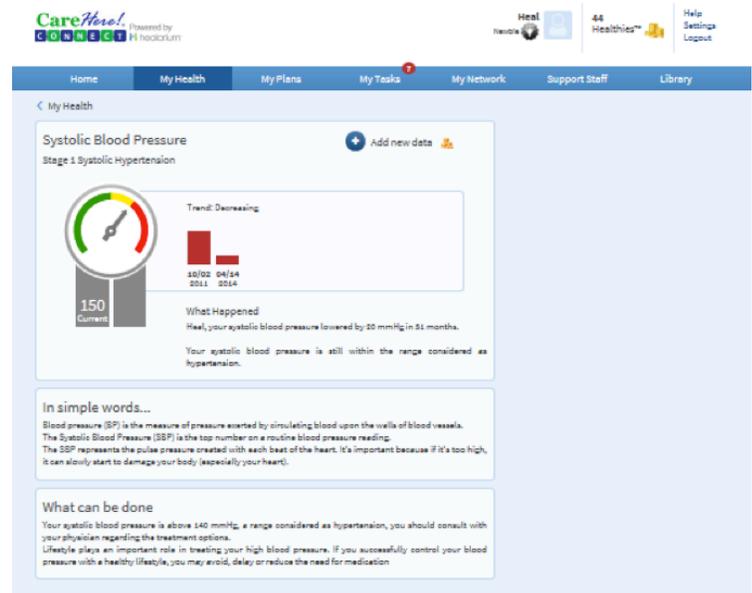
The first step to improving your health is to better understand how healthy you are. Take a look at the measurements on the My Health tab. In just a glance, you'll know where you are doing well, and where your greatest risks are.

As you work through the CareHere Connect system, you can track progress over time. You'll see if you've been improving, what you still need to work on and the steps to take. Keep in mind, each step you take with CareHere Connect rewards you with more "Healthies™" and gets you closer to achieving your goals.

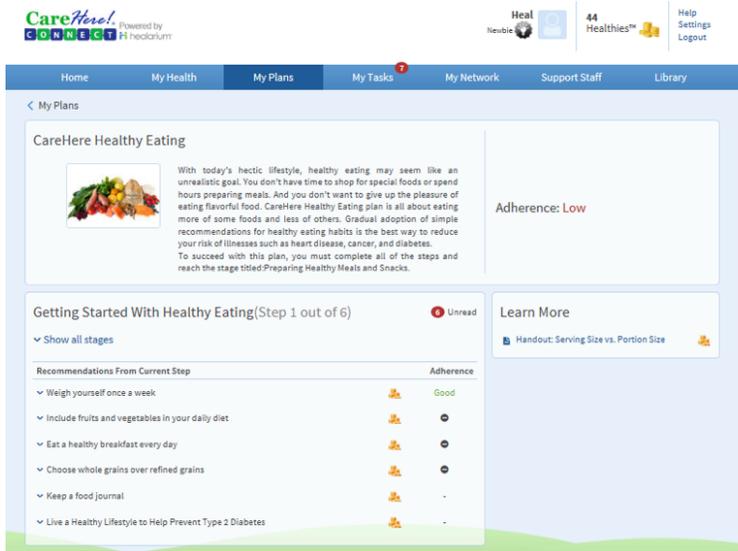
My Health tab: Details

Click 'Details' to learn more about what the numbers tell you. Get clear, concise explanations – "in simple words" – about specific aspects of your health.

Once you better understand your numbers, read through "what can be done" to see actions you can take to positively impact your health.



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My Plans Tab

Your health care provider will work with you to choose one or more health plans to help achieve your goals. A plan can have several stages to complete as you progress toward your targets.

For each stage, you'll see a set of recommendations. Click on the phrase to expand each recommendation for a comprehensive understanding about why the recommendation is being made. Click 'Details' to go even further.

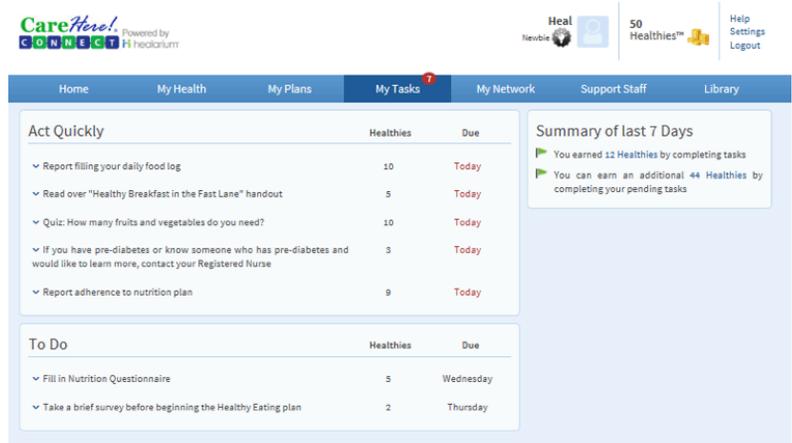
On the right side of the screen, under "Learn More", browse through the gallery of videos and other content related to the recommendations.

My Tasks Tab

Armed with a comprehensive understanding, you're ready to take action. On the My Tasks tab, your recommendations are broken down into actionable tasks.

As you complete more and more tasks, you will fulfill the recommendations of your plan(s) and you will be that much closer to achieving your goals.

Be sure to report what you've completed to earn more "Healthies™" and track your progress. Remember – when you use the CareHere Connect system, you're participating in the creation of a health-oriented culture that can last a lifetime.



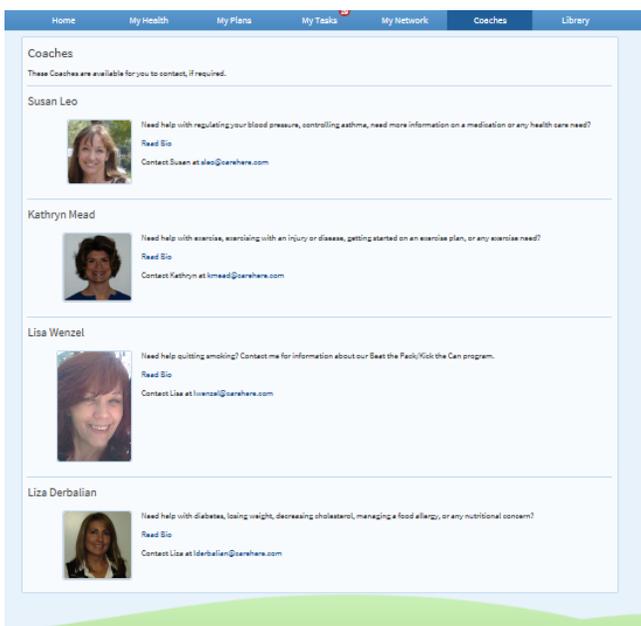
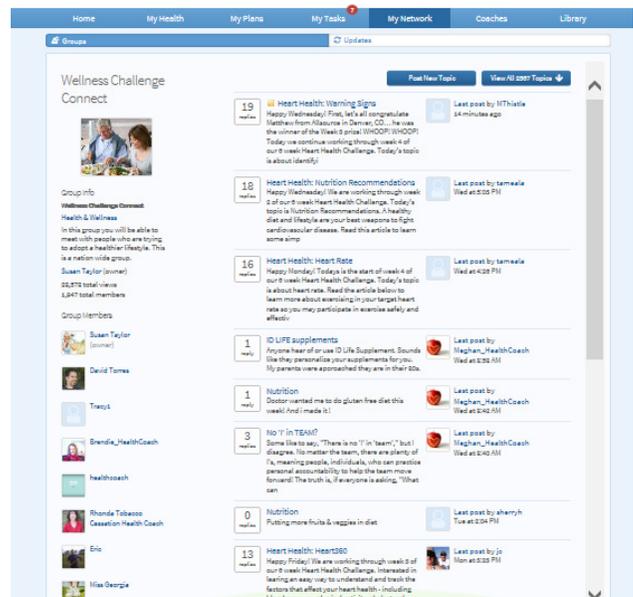
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My Network Tab

When you make significant changes in your lifestyle, having the support of others can make all the difference.

On the My Network tab, you'll be able to connect to people who are facing challenges similar to yours. You can see how they progress, share your own progress and receive guidance and support. And as you go, don't forget that your network of friends are there to support you!

The Social Network is voluntary. You do not have to join to be a part of the CareHere Connect system. You may also use a false name or generic picture in order to remain anonymous.



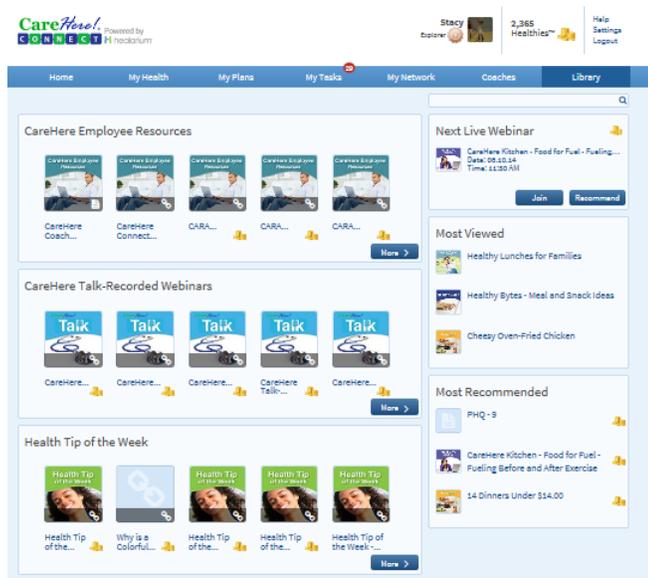
My Coaches Tab

CareHere has a team of Health Coaches specifically assigned to you. They are available to assist in reaching your wellness goals.

Get in touch with any of your assigned coaches in order to get support in making these challenging lifestyle changes!

CareHere Health Coaches cover a range of specialties, and are happy to help you. Your coaches are available during regular business hours, Monday through Friday.

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My Library

When you click the Library tab, you're free to explore a wide range of relevant videos, articles, sites and live webinars.

The items are organized into categories to help you find the content most applicable to your particular situation.

You'll also be able to see what's interesting to your colleagues by looking at the most viewed items.

Keep your eyes open – you might even get rewarded with Healthies™ for exploring the materials here!

CareHere Connect App

The CareHere Connect App is there when you need it. Throughout your day and on-the-go, you can track your health, follow your plans, do your assigned tasks, and earn Healthies™ - all within a secured, online connection to your personal health data.

You can download this free app from your smartphone or tablet's app store, such as the App Store or Google Play. Look for the app named CAREHERE.

After you have installed the app, you will be required to enter a passcode. This passcode is located under the Settings tab on the online CareHere Connect site. Look for Smartphone Application Access Code. Enter the code on your smartphone or tablet and sign in with your username and password. It is the same username and password you use to enter www.CareHere.com.

Please note: You must activate your account on a personal computer before you can utilize the app on your phone or tablet.

