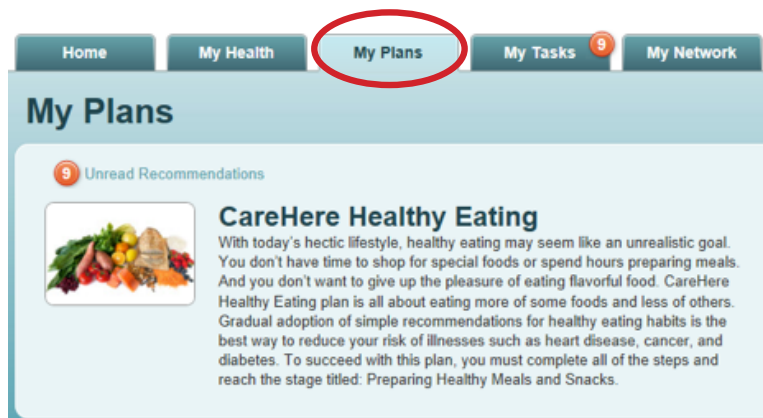
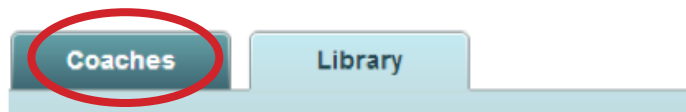


NEW TO CAREHERE CONNECT?

Welcome to CareHere Connect

If you have not been assigned to a specific plan of care by a CareHere wellness center provider, you will have a Healthy Eating plan loaded onto your CareHere Connect site. This plan will provide general information related to making healthy choices.

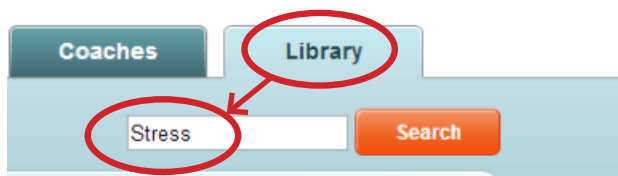
- You may add additional education plans related to your needs by contacting your personal Health Coach. Their contact information is on the “Coaches” tab.



- If you do have a plan other than healthy eating loaded when logging on to CareHere Connect and going to “My Plans”, this is the plan of care your provider has selected for you.

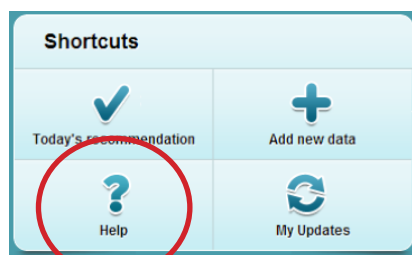
After logging onto the CareHere Connect site, it is important to click on the “My Plans” tab first. The recommendations you find on this tab will provide helpful information related to your plan of care.

After you have read your recommendations, click on the “My Tasks” tab. The tasks will reinforce the information you learn from reading the recommendations.



Visit the library tab for resources. Use the search box and type in the topic you are most interested in learning about. Example: “stress”

The “My Health” tab gives you an up to date look at your lab values with easy explanations to help you better understand your health.



The “My Network” tab gives you a way to connect with people all over the United States to share experiences, motivation, and advice. This network is anonymous.

There are also CareHere Connect Tutorials available to help you learn about the site.

- Click on the “?” (HELP) on the bottom left corner of the CareHere Connect “Home” tab.