



WELLPATH'S KNOW YOUR NUMBERS

KYN for 2024 Program Year

Congratulations! Welcome to the My Pathway to Health® wellness portal. You are ready to take action and make an impact on your health by beginning your own personal journey to wellness.

Following is the guide to the My Pathway to Health HIPAA-compliant online and mobile portal. Our portal is secure, robust, and easy-to-use. The portal supports and inspires users to meet their personal nutrition, fitness, health, and work-life balance goals each and every day.

Get on the WellPath!



WELCOME & REGISTRATION

To log in, download the **My Pathway to Health** mobile app by scanning the QR code to the right or visit **www.mypathwaytohealth.com**, and enter your username and password.

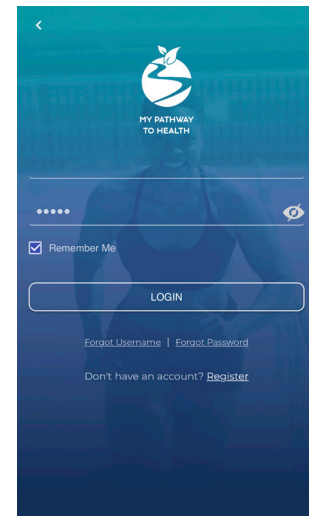


To **register** as a new user, use the below information:

- **Employer Code:** SRPMIC
- **Last Name**
- **Participant ID:** Your employee ID

Forgot your Username or Password?

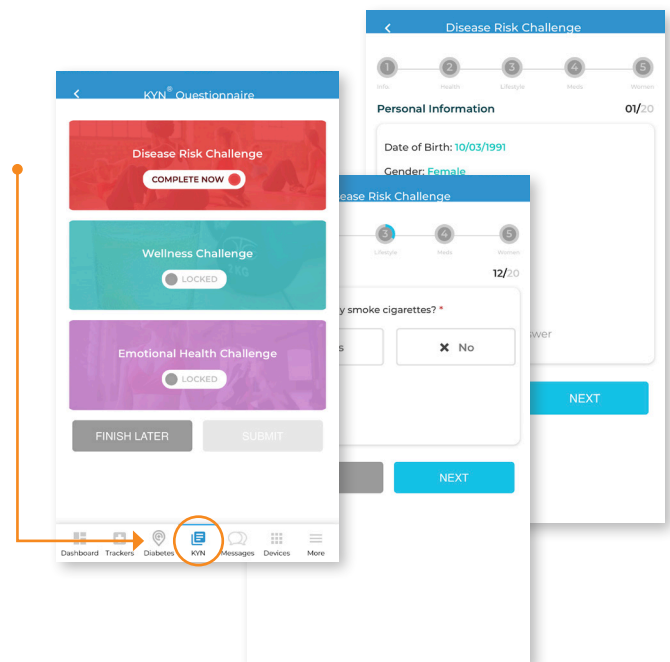
- » Click "Forgot Username" or "Forgot Password" on the login page
- » Input your account information when prompted



COMPLETE KNOW YOUR NUMBER (KYN)® QUESTIONNAIRE

The KYN Questionnaire can be accessed directly from the navigation bar.

The Questionnaire is a quick health survey that pairs with your KYN health screening results to provide your personal health risk score and report.



Assess Your Health. Improve Your Health. Earn Incentives



COMPLETE YOUR KNOW YOUR NUMBERS (KYN) SCREENING

The Know Your Numbers health screening is quick and easy-to-do, providing you with important numbers and information about your health. Your KYN screening is easier than ever and provides important health factors that you can only know by testing.

You have three options for completing your screening:

» **ON-SITE SCREENINGS**

Screen with WellPath at work. Simply register for a screening and come to your appointment fasting.

» **OFF-SITE SCREENINGS**

If you prefer, register to visit a LabCorp facility to complete your KYN Screening.

» **PRIMARY CARE PHYSICIAN SCREENING**

If you prefer, use your physician to complete your KYN Screening. Use your health plan's preventive annual screening benefit. Have your doctor complete the Physician Screening Form and return using the instructions.

Results from your screening may take up to 10 business days from your screening date to post in My Pathway to Health.

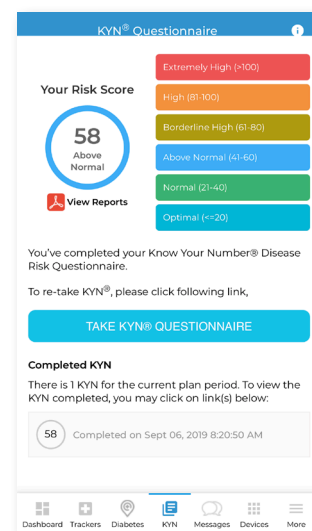
ACCESS YOUR KYN REPORTS

Once you have completed the KYN Questionnaire and Orthus Health has received your screening results, My Pathway to Health generates several personalized reports within 24 hours.

These reports will show you:

- » Your personal health risk tracker score
- » KYN screening results and whether those results are low, normal, or high
- » Your risk for chronic diseases
- » The lifestyle risk factors you can modify to reduce your risk of those chronic diseases
- » How your risk compares to others of the same age and gender

You can access your reports by clicking on "KYN" in the mobile app or by scrolling down on the web dashboard.



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COMPLETE YOUR ACTION LIST:

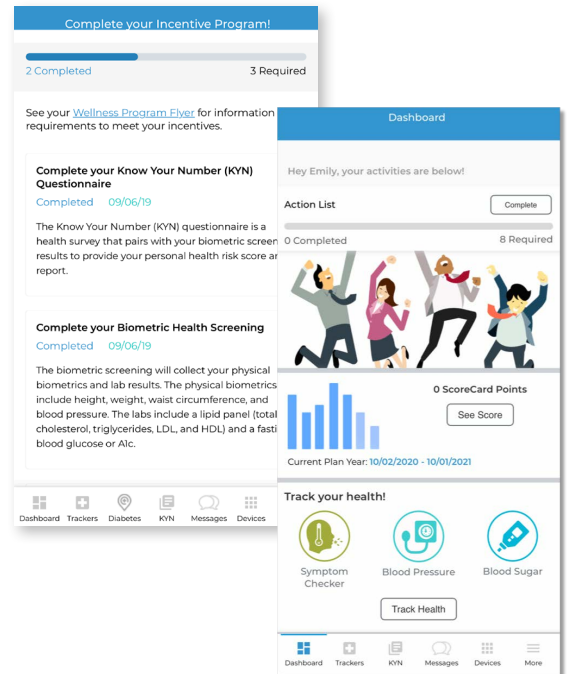
The Action List is where you can view and complete your WellPath-endorsed activities. You may find additional activities at www.wellpath.info and MyWellPath portal.

Complete the Know Your Numbers Orientation, Screening, and Questionnaire from the Action List!

To view your Action List in the app, select "Complete" in the top right corner of the main Dashboard screen. To view in the desktop portal, select "My Action List" from the left vertical blue navigation bar.

Click the action button next to each item listed to complete that requirement.

Once you have completed a WellPath-endorsed activity from the Action List, the action button will be marked as "Complete" with the date of completion listed.



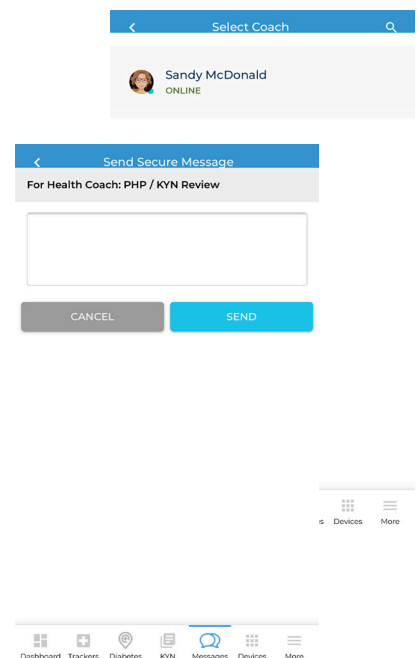
CONNECT WITH YOUR WELLPATH COACH

Messages allows you to communicate through the mobile app or on the web portal with your WellPath health coach.

You can send a "Health Update" to let your coach know about changes in your health, new medications, goals, and progress or challenges you are experiencing as you work towards your goals.

A "New Message" enables you to ask questions, voice concerns, and schedule/reschedule coaching calls.

Communication with your coach is strictly confidential.



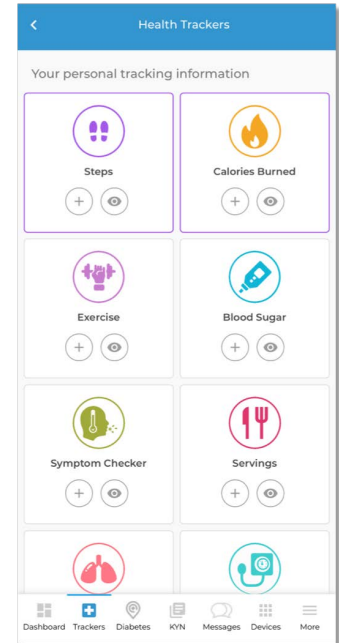
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TRACK YOUR HEALTH

With My Health Trackers, you are able to measure and track glucose levels, blood pressure, exercise activities, calories burned, portion sizes, weight, and much more that can assist you in meeting your unique wellness goals.

Tracker entries can be easily added, updated, or deleted via the My Pathway to Health app or web portal. Use trackers to set and achieve Health Enhancement Goals with your WellPath Coach.

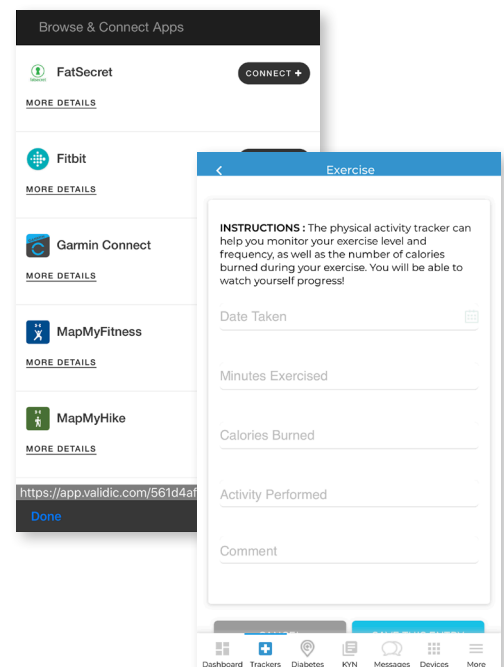


FITNESS DEVICES

My Pathway to Health supports a number of fitness devices and apps that you can attach to your account to make updating your Health Trackers even easier! To attach a supported device or app, click "Devices" in your mobile app or on the "Fitness Device Marketplace".

Please allow up to 48 hours to see data in My Pathway to Health after connecting each device or app.

Use your fitness device to earn Exercise/Fitness Participation incentives with your WellPath Coach.



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ACCESS AGREEMENT HISTORY

A record will be displayed on this page each time you accept your Annual Enrollment Agreement.

Consent Form

Accepted Consent Form

Accepted Date: Sept 03, 2019 4:40:59 AM

Revoked Date: --

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Enrollment Agreement

As a participant in the ORTHUS HEALTH, INC. ("ORTHUS HEALTH") MY PATHWAY TO HEALTH® or KNOW YOUR NUMBER® programs ("the Services"), ORTHUS Health respects your privacy. The information you provide or authorize for disclosure through the Services is protected by ORTHUS HEALTH and its representatives in accordance with the ORTHUS HEALTH [Privacy Policy](#) and [Terms of Use](#). ORTHUS HEALTH provides the Services on behalf of your employer's health and wellness program. By completing this Enrollment Agreement and utilizing the Services, you indicate your wish to participate in this voluntary health screening and health risk assessment program and related services offered by your employer.

HEALTH SCREENING AND HEALTH RISK ASSESSMENT ("HRA")

1. Purpose of the health screening and HRA. The main purpose for the health screening and HRA is to

Dashboard Trackers Diabetes KYN Messages Devices More

VIEW YOUR ACCOUNT INFORMATION

Your account profile allows you to change your username or password and update your email address.

Profile

Rachel Murdy
Orthus Demo2
[Change Password](#)

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User Name

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Email

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Phone

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