



Finding WellPath-endorsed Activities: Who can participate in what?

Only WellPath-endorsed activities should be reported through the employee's MyWellPath account for WellPath points. You can find which activities are endorsed for the whole family to participate, and which activities might be only for adults, or children.

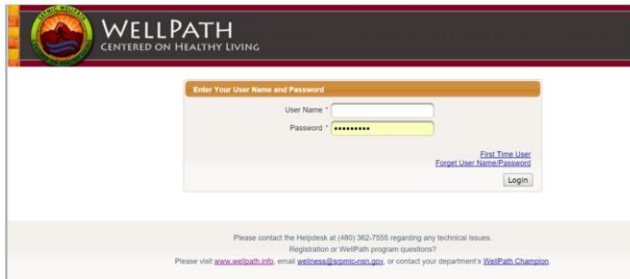
Calendar of endorsed events



There are many ways to find Wellpath-endorsed events in which to participate. One of the best methods is to use the *Event Calendar*. The Event Calendar may be accessed two ways: 1) Through the employee's MyWellPath account, or 2) from www.wellpath.info's *Events Page* (actually titled *WellPathEndorsedEvents*).

To visit the Events Page of WellPath.info, click or hover your cursor on *WellPath Participation* (#1 above) & a menu of all the participation categories pops down. Click on *WellPath Endorsed Events* (#2 above) and the Events Page opens. On the Events Page, open the calendar by clicking on the cartoon of the hurdler jumping over the calendar or the link reading *Click here for the WellPath-endorsed Events Calendar*. These links open the same Events Calendar.

Log into the employee's MyWellPath account



The screenshot shows the WellPath login interface. At the top is the WellPath logo with the tagline 'CENTERED ON HEALTHY LIVING'. Below the logo is a login box titled 'Enter Your User Name and Password'. It contains two input fields: 'User Name' and 'Password'. To the right of the password field is a 'Login' button. Below the login box are links for 'First Time User' and 'Forgot User Name/Password'. At the bottom, there is a footer with contact information for the helpdesk and a link to the WellPath Champion.

How do I get to the log-In page?

1) bookmark:

<https://secure.srpmic-nsn.gov/wellpath/>

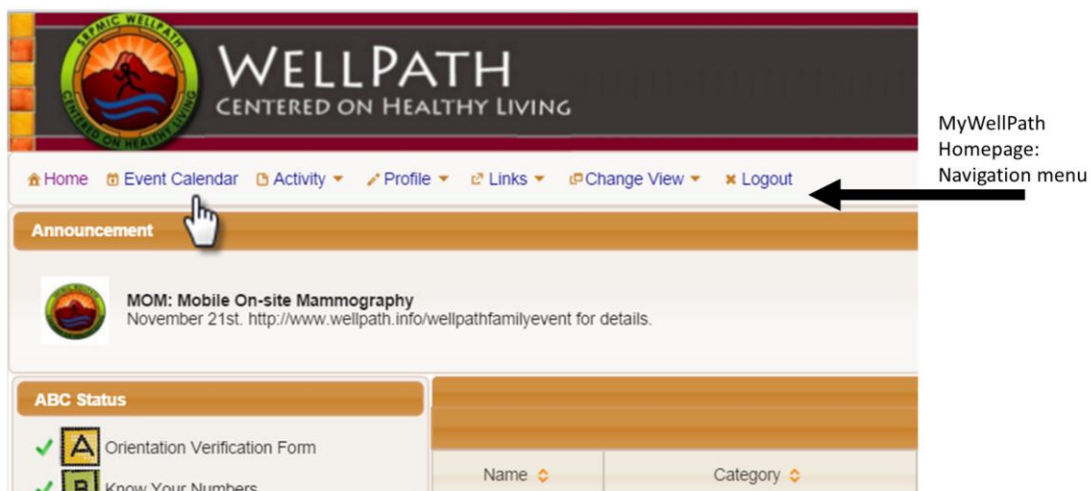


2) Go to www.wellpath.info/mywellpath and use the link:

You can access the Events Calendar inside the employee's MyWellPath account. Visit the MyWellPath log-in page.

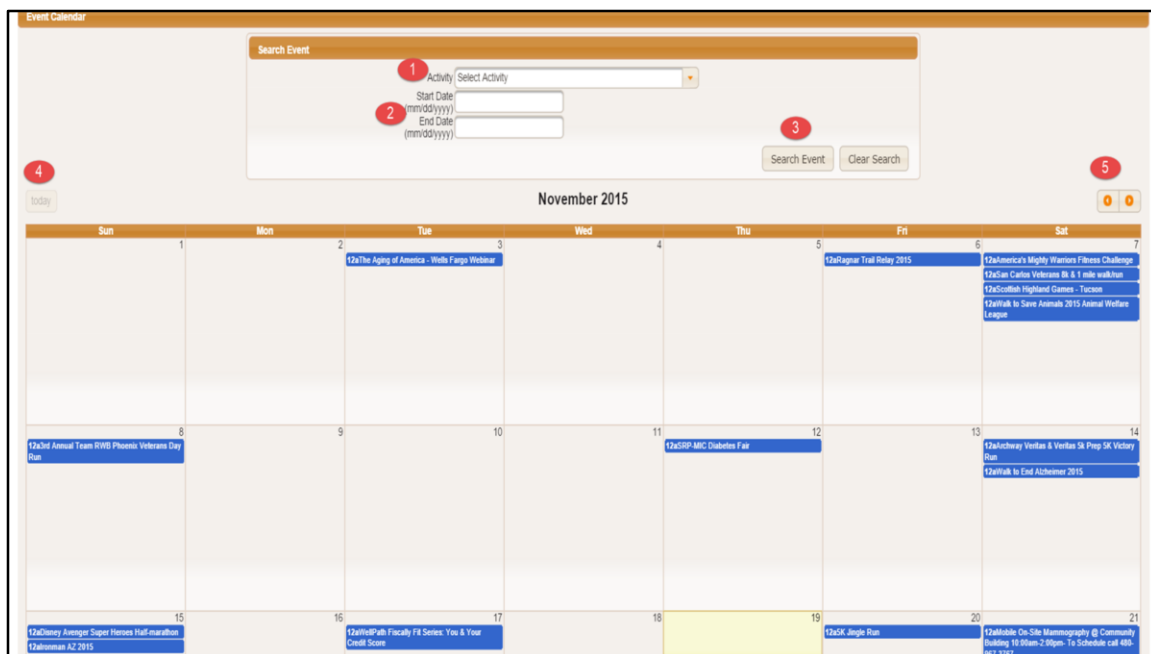
Book mark the web-address, or just remember the WellPath web site: www.wellpath.info has a page for MyWellPath: www.wellpath.info/mywellpath with a link to the log-in page. When you click on the gold banner which includes the word *MyWellPath* or click on the link that reads "Go to MyWellPath," you will move to the log-in page easily and quickly.

First stop is always the employee's home page



Once logged-in you land on the employee's homepage.

In the navigation menu under the banner, search and find *Events Calendar* and click on it. This will open the Events Calendar for you to use.



The events calendar has WellPath endorsed events displayed in the month and day the event takes place.

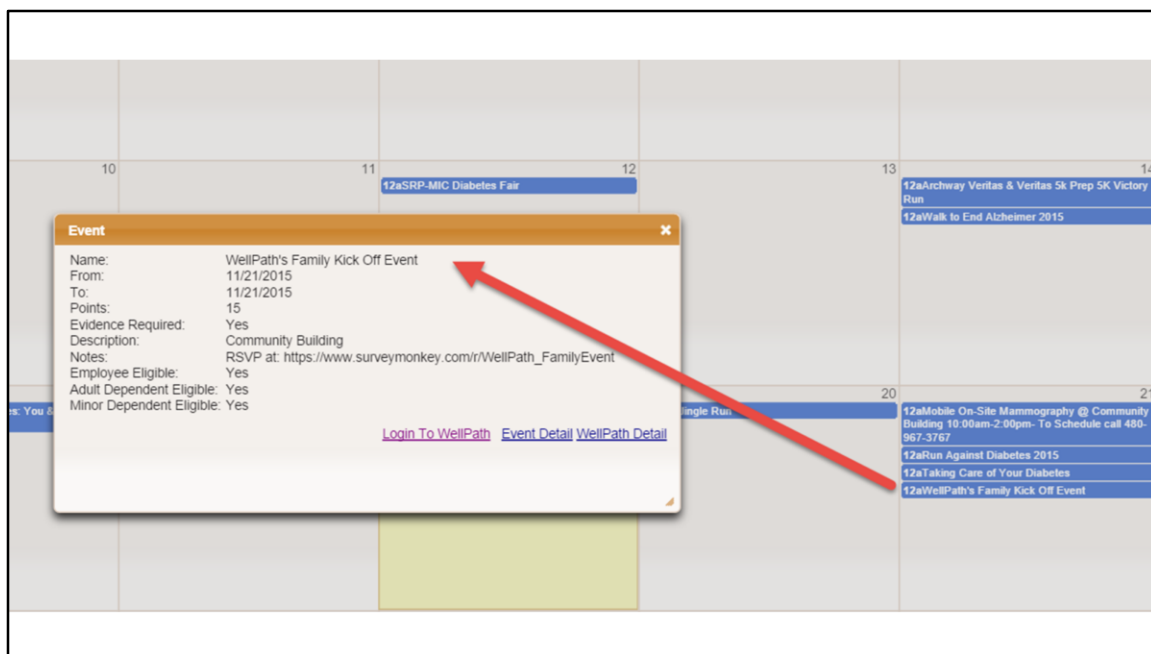
You can also search for an event by:

#1 above: Search by the name of the activity. You can search by key words or the name of the event. Once you have found an activity name click on #3 above. The calendar will move to the month and day the activity takes place.

#2 above: Search by date or date range. When you have picked a date range, click on #3 above. The calendar will display only the events in the date range selected.

#4 above: You can click on the today button to go directly to today's activities.

#5 above: You can toggle forward/backward in time and look for the event.



When you find an event, click on it and it will open the *Event* window. The event window is full of good information.

There are three links typically available to use:

Log into WellPath will take you to log-in screen in MyWellPath. When you log in, the calendar will open to the date of the event.

If you are already logged into MyWellPath this link changes to *Log Activity*. If you use this link while logged into MyWellPath, the log activity window opens with all the fields filled-in for you. You just add the date, upload your simple evidence, and click on *Save*.

An experienced MyWellPath user can log into MyWellPath, open the calendar, click on an event, click *Log Activity*, enter the date and upload the simple evidence in less than a minute.

The second link is **Event Detail** which will take you to the event's web page where you can find more information and register to participate. So you can use the calendar to find information about an event, register for the event and later, report participation

in that event.

The third link is ***WellPath Detail*** for additional information WellPath may want to provide about the event.

In addition to these links there is more valuable information available in the *Event* window. Let's take a look on the next page.

WellPath Event Detail.



The screenshot shows a window titled "Event" with a close button (X) in the top right corner. The window contains the following information:

Name:	WellPath's Family Kick Off Event
From:	11/21/2015
To:	11/21/2015
Points:	15
Evidence Required:	Yes
Description:	Community Building
Notes:	RSVP at: https://www.surveymonkey.com/r/WellPath_FamilyEvent
Employee Eligible:	Yes
Adult Dependent Eligible:	Yes
Minor Dependent Eligible:	Yes

At the bottom right of the window, there are three links: [Login To WellPath](#), [Event Detail](#), and [WellPath Detail](#).

We will look at each item of information available in the Event window:

Name = the event name as entered into MyWellPath. This is helpful when you want to look up the event using the *Event Calendar* or the *Log Activity* screen in the future.

From/To: = The date range of the activity. Most multi-day events are only reported once for WellPath points.

Points = The number of points a participant earns for participating in the event.

Evidence Required = This will read "yes" or "no." If it reads "yes" then the participant(s) are required to collect simple evidence to upload when reporting participation.

Simple evidence is the answer to this simple question: "*How can I most simply prove I participated in the event I am reporting.*" There is more information about simple evidence at www.wellpath.info.

Description = a short description of the event or information related to an event,

such as location, registration time, fees, etc.

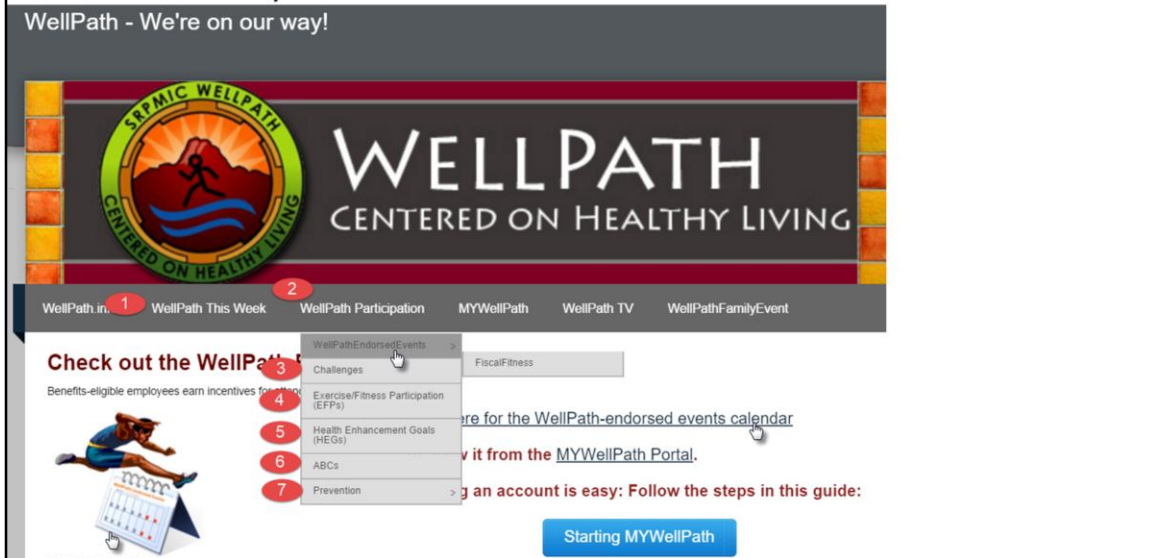
Notes = Important information about the event

Employee Eligible = Yes/No - Is the event endorsed for employees to participate?

Adult Dependent Eligible = Yes/No - Is the event endorsed for adult dependents of the employee to participate?

Minor Dependent Eligible = Yes/No - Is the event endorsed for minor dependents of the employee to participate?

Other ways to find WellPath-endorsed activities:



In addition to the Event Calendar, participants may find WellPath-endorsed activities at www.wellpath.info:

1. **WellPath This Week:** A newsletter highlighting WellPath-endorsed events and other news related to WellPath.
2. **WellPath Participation:** A page dedicated to information about general participation.
3. **Challenges:** A page dedicated to information related to team and individual health challenges.
4. **Exercise/Fitness Participation:** To assist participants to begin or continue regular exercise.
5. **Health Enhancement Goals:** To assist participants in setting and achieving goals which will significantly improve their health.
6. **ABCs of Participation:** To assist participants to *Assess your health → Improve Your health → Reassess*, every year.
7. **Prevention:** Information about how to practice prevention and develop a prevention plan.

Nominate events

Want to nominate an event for WellPath Endorsement? Here's your new nomination form. It's easy to fill out and then click on the *Submit* button to send it in.

Nominate an event

Don't see an event you hoped to participate in on the event calendar? Participants may nominate events for Wellpath-endorsement.

There is a form online at www.wellpath.info's *WellPath This Week* page and on the *WellPath Endorsed Events* page. Click on the button to open the form, complete it online and click the *submit* button to package the form in an email addressed to wellness@srpmic-nsn.gov.

If the event is endorsed, WellPath will post it on the calendar and enter the event in MyWellPath for you to report participation.

Important information

- Participants only earn points for Wellpath-endorsed activities.
- The Events Calendar and pages of www.wellpath.info list who is eligible to participate in an activity (employee, adult dependent, &/or minor dependent)
- You can use the Events Calendar for links to the official web site of an event for more information and to register.
- You can use the Events Calendar in MyWellPath to report participation quickly.
- The Events Calendar is available in MyWellPath and on the Events page of www.wellpath.info.
- Participating in events is just one of the ways to earn points participating in WellPath.

Questions to wellness@srpmic-nsn.gov