



Kent State University's Division of Human Resources is pleased to partner with Be Well Solutions to enhance our commitment to support and promote the health and well-being of the university community.

Beginning May 2014, all full-time, benefits eligible employees will have the opportunity to participate in a confidential online health risk assessment (HRA), complemented by on-site biometric health screenings offered by Be Well Solutions and University Health Services.



To participate in this exciting and beneficial wellness initiative, follow the instructions below to enroll. You will create a new password after your first log in to ensure a 100% confidential experience.

There are many wellness-related resources on the web-portal. In order to participate in the HRA and screenings you will need to complete the Health Risk Assessment questionnaire found under My Wellness. Next, you can visit My Appointments and schedule your biometric health screening.

You should allow 30-45 minutes to complete the entire process, and you must be fasting for 10 hours prior to your appointment time. Screening times available can be found under My Appointments and Worksite Screenings on www.bewelldata.com. You must register to access an account.

MOVABLE

All participants that complete the online HRA and biometric screenings will receive a MOVband, which is a fun digital wristband that can count movements, not just steps. The MOVable activity dashboard can be accessed from your Be Well web portal account. You will have the opportunity to participate in MOVchallenges throughout the year to help us all to get MOVing.



ENROLL TODAY!

Visit www.bewelldata.com and use the following login credentials:

Username: FlashLine username with first letter moved to the end. (Example: csmith23 = smith23c)

Password*: The format for your ten-character password is MMMYYXXXXX. (Example: below = APR9065432)

MMM = the first three UPPER CASE letters of your birth month. (i.e. April = APR).

YY = the last two digits of your birth year. (i.e. 1990 = 90).

XXXXX = the last five digits of your Kent State University (Banner) ID number. (i.e. 898765432 = 65432)

***You will be prompted to change your password and complete your profile.**