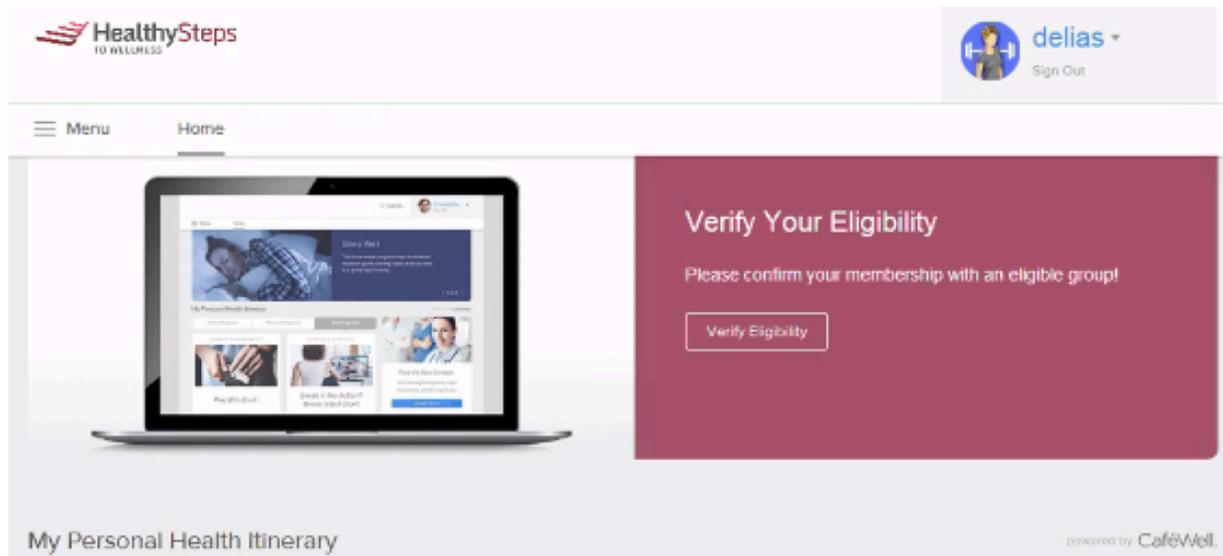


HOW TO SIGN-ON TO CAFÉWELL

To register through the HealthySteps to Wellness website (wellness.healthysteps4u.org), you must be logged in through a hospital intranet.

1. Click on your hospital “Login to Program” button through the HealthySteps to Wellness website.
2. Enter the required information in the registration form, create a username and password, then click the **Sign up** button.
3. Click on the “Verify Eligibility” button to verify your eligibility.



4. Complete the Eligibility Verification form by providing the last 4 digits of your social security number and your date of birth (mm/dd/yyyy). Click **Verify** once completed.
5. After verifying your eligibility, you'll be redirected to a simple tutorial to become familiar with how CaféWell works. After reviewing the information, click the **Get Started** button. Not interested in the tutorial? No problem, you can skip the tutorial and review it later in the Menu on your Homepage.

You've arrived on the Homepage, this is where your Personal Health Itinerary will always be available. It's time to begin your journey to a happier, healthier and well-rewarded you!

Need assistance?

Contact the CaféWell support team by email at stanfordsupport@CafeWell.com or by phone at [1-888-774-6680](tel:1-888-774-6680); Monday through Thursday, 6:00 a.m. to 5:00 p.m. PT, and Friday, 6:00 a.m. – 4:00 p.m. PT.