


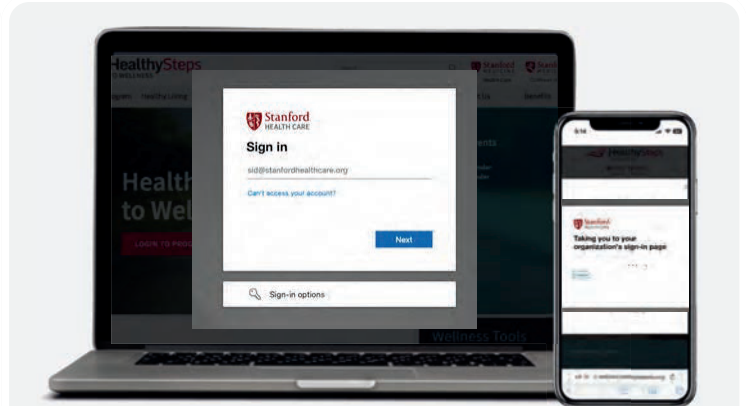
# Register for your Wellness Platform

It's easy to get started, and you'll earn points just for signing up.

Sign-up via Single-Sign-On (SSO) on a web browser for Stanford Health Care House Staff/Residents

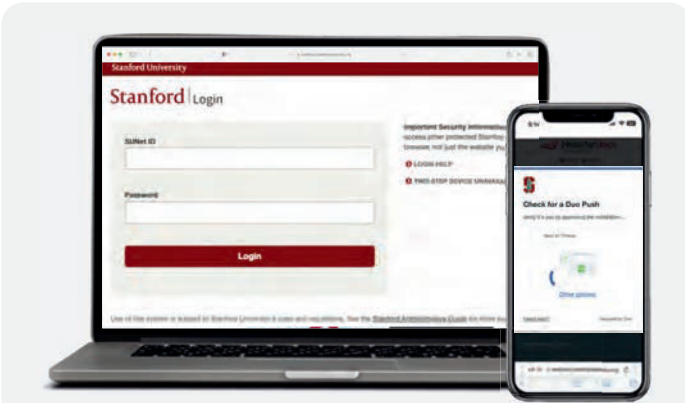


1. Go to [wellness.healthysteps4u.org](https://wellness.healthysteps4u.org) & click the red “Login to Program” button.
2. Select **Stanford Health Care**. You will be redirected to your organization's SSO sign-in page.

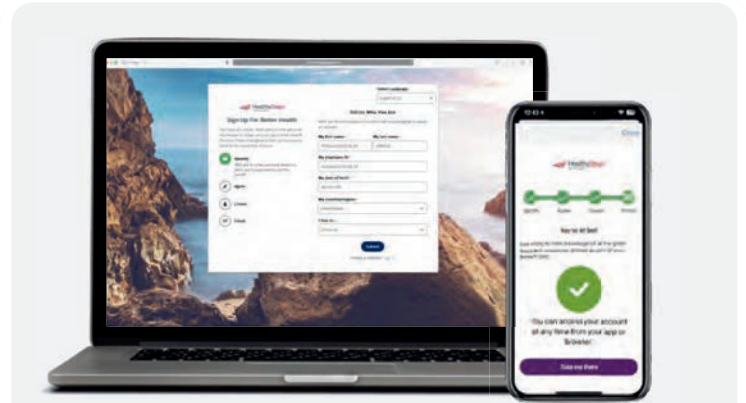


3. Once redirected to this page, input your **@stanford.edu** email instead of your SID.

This will take you to single-sign on via **SUNet**.



4. Log in with your **SUNet ID** and Password, and complete **DUO** process when prompted.



5. SSO will automatically fill in your registration details. **Review and confirm your information** and click “Submit”.

**Read and agree** to the Privacy and Membership Agreements and click “Continue” to finish creating your account.

