

Wellness On The Go



With the **HealthyNow mobile app**, you can access the MyQuadMed Wellness Portal features whenever and wherever you like!

- Messaging
- Corporate Challenges
- Food Tracking
- Exercise Tracking
- Step Tracking
- Weight Tracking
- Incentive Programs (if applicable)
- Medication Reminders
- Event Registration (if applicable)

Step 1: Click on the HealthyNow widget on your MyQuadMed Wellness Online dashboard.

Step 2: Enter your login information.

Enter your phone number and make up a PIN that you will use to access your account on your smart phone. You can also select to receive reminders on your mobile device.

Step 3: Download the Healthy Now app to your mobile device. The HealthyNow app can be downloaded to iOS devices (iPhone or iPad) or Android devices (phone or tablet). Enter the phone # and PIN from above (Step 2) along with the portal code, which is "quadmed".



MyQuadMed™

<https://secure.myquadmedical.com>

QUESTIONS?

Call Patient Support at 888.417.1001

MyQuadMed Wellness Portal

Your personal online wellness experience





A Personalized Online Wellness Experience

Designed with your needs in mind, the **MyQuadMed Wellness Portal** connects you with all the tools and resources you need to maximize your full potential and improve your overall health and well-being.

From educational materials and coaching, helpful exercises and nutrition trackers, to interactive challenges and workshops – the **MyQuadMed Wellness Portal** makes it easier than ever to begin your journey toward better health.

GET STARTED TODAY

The first step is to sign up for your secure MyQuadMed account. It's quick and easy!

- Visit <https://secure.myquadmedical.com> and select **Create Account** (under **New User** section)
- Continue through the registration process. You'll be asked to answer some questions about yourself to verify your identity.
- Once your account is set up, you can access the online wellness portal at any time via the **My Wellness Portal** link.

FEATURES & BENEFITS

Below are a few of the tools and benefits you can use after you create your account.

Health Risk Assessment

The Health Risk Assessment (HRA) is administered online and is a short set of questions that will educate you about your health risks. Upon completion of the assessment, a customized personal health report will suggest steps that you may want to take to improve your health. The questionnaire is available in both English and Spanish.

Wellness Workshops

The online portal offers over 30 standard wellness workshops covering a variety of topics. Workshops are automatically assigned based on your risk factors or conditions after completing the HRA. Workshops can also be self-assigned, or assigned by a QuadMed Wellness Coach. All workshops are voluntary.

Nutrition Plans & Tracking

The online portal offers personalized nutrition plans created by Registered Dietitians based on various calorie ranges and dietary restrictions.

Exercise Plans & Tracking

The online portal offers 15 personalized exercise plans created by certified personal trainers based on various levels of exercise with the option to create your own personal plan.

MyQuadMed Wellness Portal users must be age 18+

