



**APPRISS**<sup>®</sup>  
Knowledge for good™

# HOW TO REGISTER

Start your wellness journey today by creating an account on [connect.simplywell.com](https://connect.simplywell.com). When you take part in the 2018 Wellness Program, you're given the tools you need to live well—learn your Health Score, find room for improvement, and start taking steps toward better health today.

The 2018 Wellness Program helps make wellness fun. When you register for the program, you can dive in and find resources to build healthy habits for a lifetime, or take part in challenges to compete against your co-workers. When you register, let us know how you'd like to receive notifications—you can even choose to receive text message reminders.

## GETTING STARTED

- » Visit [connect.simplywell.com](https://connect.simplywell.com) or the Viverae<sup>®</sup> app
- » Click **Register**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier:
  - Employee: Enter your full date of birth plus the last four digits of your SSN.  
(Ex: DOB = 01/01/1990, SSN = 123456789, Identifier = 010119906789)
  - Spouses: Enter "SP-" before the employee's date of birth and last four SSN digits.  
(The spouse of the example employee above would enter: SP-010119906789)
- » Enter the registration code: `appriss` (case sensitive)
- » Follow the prompts to complete your registration

## Questions?

Contact our wellness partner  
at 888-848-3723.