

Health^e

Welcome to the new **Health** platform! This guide serves to provide helpful information designed to get you started with your new Healthe account and on your new, healthy path.

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Account Creation

Welcome to Healthe!

Get ready to reach your health and wellness goals with the new Wellness Program.

You can get started by following the steps below to create your account. While your previous Healthe account is no longer available, our new wellness program can utilize your MyHealth user name and password. Instructions for using that log in, as well as creating a new account (if no MyHealth login exists) are below.

Create your account

1. Visit the new **Healthe** (wellness.lgh.org) portal and select Sign Up. All users will need to sign up to establish a connection to the new Healthe platform.
2. Enter your email address and click **Submit**
3. Enter the activation code sent to the email address you provided and click **Submit**
4. Confirm your **Employee Number** and click **Continue**
5. If you already have a MyHealth username and password, enter it here to connect your Healthe account to your MyHealth information. This will serve as your login information for both.
6. **If you don't have a MyHealth account**, fill in all fields on the Create an Account page and then click **Create Account** at the bottom
7. **Agree** to the terms of use

We recommend saving **Healthe** (wellness.lgh.org) and your password in a safe place so you can easily access your account, track your progress and stay engaged with your well-being.

Notice: The Healthe Portal is not currently supported by Internet Explorer. Users must utilize a different browser (such as Microsoft Edge, Google Chrome or Firefox) to access any of Healthe's features.

New Portal Features

Get ready to experience your Health (wellness.lgh.org)! The new layout features a more functional homepage, allowing you to focus on what really matters: supporting your health and well-being.

The new website also features:

- **Health Trackers** — Seamlessly sync your favorite device(s), such as Fitbit health trackers and connect Apple's Health app through the Healthy Path app
- **To-do Activities** — Check out your new one-stop shop to view personal goals and activities
- **Incentive Tracker** — Easily view your program requirements, incentives, and points earned. Only employees who are members of the Ochsner Lafayette General health plan are able to earn points towards the deductible incentive.
- **Wellness Assessment** — The new wellness assessment evaluates lifestyle behaviors to determine how they contribute to or detract from your optimal health
- **Wellness Advisor** — Discover areas of risk based on your wellness assessment, and use the wellness advisor to view recommended goals and activities to improve your well-being

The screenshot displays the Health portal dashboard. At the top left, the "Health" logo is visible. A navigation sidebar on the left includes "Dashboard", "Your Health", "Health Trackers", "Incentives", "Education", and "Events". The main content area is titled "To Restore, Maintain and Improve Health." and features several sections: "Welcome to the 2021 Wellness Program!" with three cards for "Wellness Assessment", "Screening", and "Earn Points!"; a "To-Do List" section with a mountain illustration and the text "There are 13 activities you can work on. Try working on at least one today."; a "Quick Links" section with various insurance and program links; "Health Trackers" for "Steps Tracker" (showing "No entry today") and "Physical Activity Tracker" (showing "No entries this week"). The bottom of the dashboard features a large image of fresh fruit.

Healthy Path App

The path to wellness is at your fingertips. Download the Healthy Path app from the App Store/Google Play Store ([Apple](#)) ([Android](#)) and search for **Healthy Path**.

If you haven't created an account yet, follow the prompts below to get started:

- Enter your email address and click **Submit**
- Enter the activation code sent to the email address you provided and click **Submit**
- Confirm your **Employee Number** and click **Continue**
- **If you have a MyHealth username and password, enter it here. This will be your login for Healthe**
- **If you do not have a MyHealth account already, fill in all fields on the Create an Account page and then click Create Account**
- **Agree** to the terms of use

The Healthy Path app also supports both Face ID and Touch ID where available for convenient log-ins once your account information is saved.

How-To: Physical Activity Log

Recording your physical activity is a great way to track your progress as you achieve your health and wellness goals! Follow the steps below to get started:

1. Visit Healthe (wellness.lgh.org) and click **Sign In** or log in to your account on your mobile device through your mobile app
2. Select **Health Trackers** from the column on the left of the screen
3. Select **Physical Activity**
4. Select **Add Entry** or **Connect an App**
 - Add Entry — select **Add Entry**, fill out the form and click **Save**
 - Connect an App — select **Connect an App**, select any available app, follow your device's instructions to connect then select **Connect**
 - To connect an app device or Apple's Health app to your account, the connection must be completed through the Healthy Path app on your mobile device

You can also set a physical activity goal under the Tracker Summary at the top of the page by selecting **Add Target**.

How-To: Weight Log

Weighing in is a great way to maintain a healthy weight and track your progress as you achieve your goals! Follow the steps below to start logging your weight:

1. Visit Healthe (wellness.lgh.org) and click **Sign In** or log in to your account through your mobile app
2. Select **Health Trackers** from the column on the left of the screen
3. Select **Weight**
4. Select **Add Entry** or **Connect an App**
 - Add Entry — select **Add Entry**, fill out the form and click **Save**
 - Connect an App — select **Connect an App**, select any available app, follow your device's instructions to connect then select **Connect**
 - To connect an app device or Apple's Health app to your account, the connection must be completed through the Healthy Path app on your mobile device

You can also set a weight goal under the Tracker Summary at the top of the page by selecting **Add Target**.

How-To: Blood Pressure

Is your blood pressure a concern? You are able to track your blood pressure on the Healthe (wellness.lgh.org) website. Follow the steps below to begin logging your blood pressure:

1. Visit Healthe (wellness.lgh.org) and click **Sign In** or log in to your account through your mobile app
2. Select **Health Trackers** from the column on the left of the screen
3. Select **Blood Pressure**
4. Select **Add Entry** or **Connect an App**
 - Add Entry — select **Add Entry**, fill out the form and click **Save**
 - Connect an App — select **Connect an App**, select any available app, follow your device's instructions to connect then select **Connect**
 - To connect an app device or Apple's Health app to your account, the connection must be completed through the Healthy Path app on your mobile device

How-To: Blood Glucose

Recording your blood glucose is easy with our Blood Glucose Tracker. Follow the steps below to get started:

1. Visit Healthe (wellness.lgh.org) and click **Sign In** or log in to your account through your mobile app
2. Select **Health Trackers** from the column on the left of the screen
3. Select **Blood Glucose**
4. Select **Add Entry** or **Connect an App**
 - Add Entry — select **Add Entry**, fill out the form and click **Save**
 - Connect an App — select **Connect an App**, select any available app, follow your device's instructions to connect then select **Connect**
 - To connect an app device or Apple's Health app to your account, the connection must be completed through the Healthy Path app on your mobile device

Select **Add Target** in the Tracker Summary at the top of the page to set your target blood glucose.

How-To: Steps Tracker

Recording your steps is a great way to stay accountable as you achieve your health and wellness goals! Follow the instructions below to get started:

1. Visit Healthe (wellness.lgh.org) and click **Sign In** or log in to your account through your mobile app
2. Select **Health Trackers** from the column on the left of the screen
3. Select **Steps**
4. Select **Add Entry** or **Connect an App**
 - Add Entry — select **Add Entry**, fill out the form and click **Save**
 - Connect an App — select **Connect an App**, select any available app, follow your device's instructions to connect then select **Connect**
 - To connect an app device or Apple's Health app to your account, the connection must be completed through the Healthy Path app on your mobile device

You can also set your personal steps goal by selecting **Add Target** under the Tracker Summary at the top of the page.