

Getting Started with **Be Well!**

terryberry
Engage · Reward · Succeed

Getting Started Guide

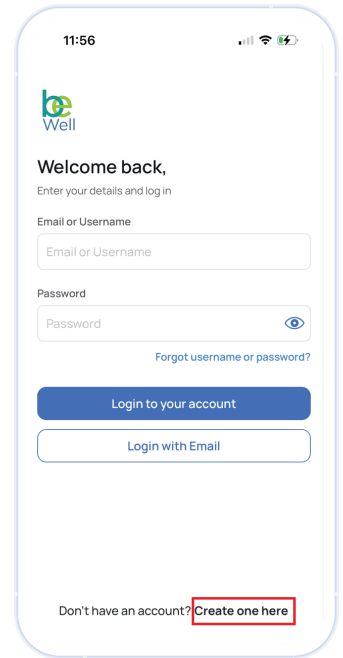
1. Register an Account

Download the Be Well mobile app (iOS and Android) select "Create one here", and enter program URL **psdr3.thrives.app** when prompted
-OR-navigate to **<https://psdr3.thrives.app/>** via desktop browser and select to navigate to "Register Now".

2. Sync your Device

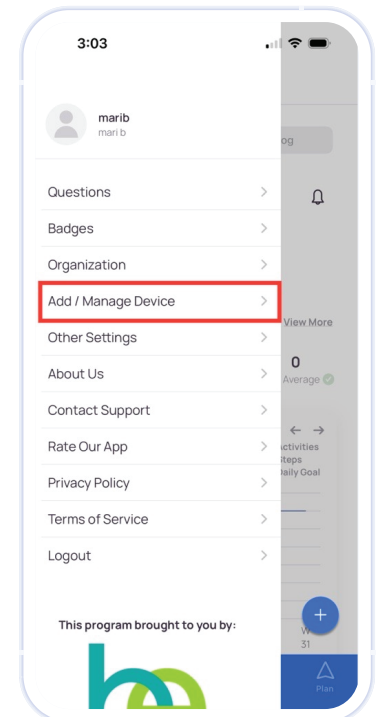
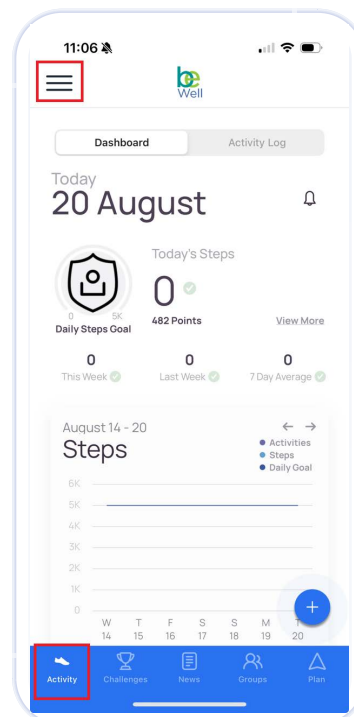
Download the Be Well app (iOS and Android) to sync with your fitness tracking device/app.

To add or manage a synced connection, select the three horizontal lines at the top left of your home screen (hamburger icon) and select Add/Manage Device.



Questions/ Need Support?

- Click here to see video guides!
- Click here to view our member support site
- You can email wellness@be-engaged.co

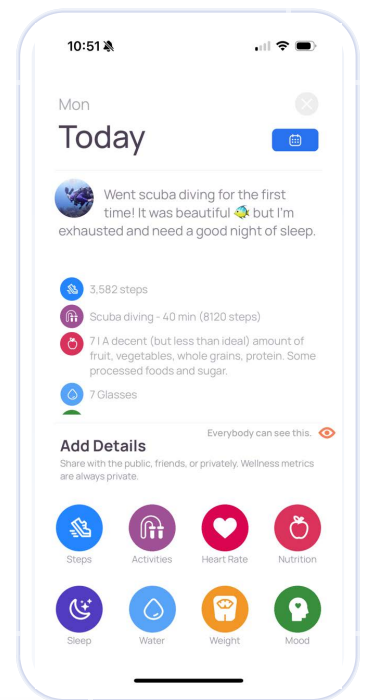
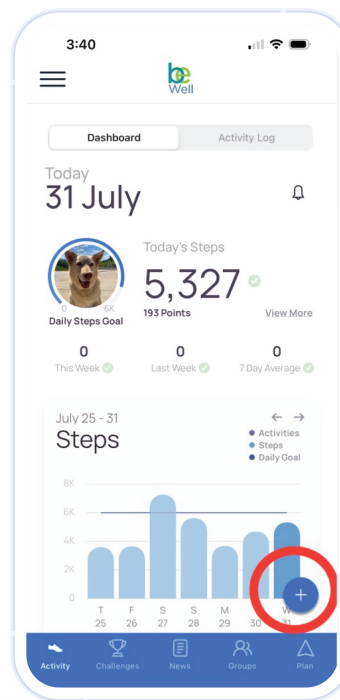


3. Make an Entry

Log your movement/activities, wellness metrics, journal entries, and photos!

Mobile App: Click the Plus icon on the bottom right of the home page

Desktop Browser: Click the “Add an Entry” button



My Dashboard

Connect Device

Add New Entry



Mari B
marib
[View Public Profile](#)

Member Since: May 29, 2024
Last Visit: Jul 31, 2024 @ 03:47 PM

My Badges (0) [View All](#)
You haven't earned any badges yet!

Today's Progress

Steps

Points



Goal: 6,000 steps
Update your step goal
5,327
Steps

Assessment

Take the Be Well assessment and allow us to create a personal wellness plan for you.

Take the Assessment

Challenges

Featured (1)

[View All](#)

4. View the Challenge

Mobile App: Select the Trophy icon and then click on a challenge.

Desktop Browser: View the challenge via the Challenges tab.

Have fun exploring your program, making entries, and connecting with other members through the Sitewide tab.

Stay tuned for updates from your Program Administrator, who will provide information about your upcoming challenge!

