



# 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 SPS 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 SPS 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 SimplyWell® app
- » Click *Register*
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: 6-digit Employee ID example: 001234 (include leading zeros)
- » Enter the registration code: Suffolk
- » Follow the prompts to complete your registration

**NOTE:** If you had an account with Viverae, you will not need to create another account with SimplyWell. Please use your previous credentials to login.

Questions?

Contact our wellness partner  
at 888-848-3723.

