

IT'S ABOUT > YOU

Health and Wellness Portal Tip Sheet

Login and download instructions

Welcome to **It's About You**, the next-level health and wellness program for all employees of The University of Kansas Health System.

This power-packed program has been designed with you in mind – your mind, body and emotions. You bring your full self to serving our patients and you are worthy of ways to care for your full self.

Here are instructions on getting started with the portal and mobile app so you can get the most from this program.

Log into It's About You health and wellness portal:

1. From a desktop computer or mobile device, navigate to:
<https://kansashealthsystemwellness.com>.
2. On the landing page, click **JOIN NOW**.
3. Enter your full First Name, Last Name and Unique ID which is your Employee ID (EEID) found on the back of your badge or through your profile information on Workday.
4. Create a username and password.

Download the mobile Navigate Wellbeing app:

- iPhone and other Apple devices:
 1. Open the Apple App Store.
 2. Search for Navigate Wellbeing.
 3. Select GET.
 4. After the app downloads, tap the icon to open.
 5. Follow the screen prompts to log in.
- Android or Samsung devices:
 1. Open the Google Play App Store.
 2. Search for Navigate Wellbeing.
 3. Select Install.
 4. After the app downloads, tap the icon to open.
 5. Follow the screen prompts to log in.



Before you can login to the mobile app, you must first create your account on the web-based portal.