Setting up your HealthElife account, logging in, and signing out

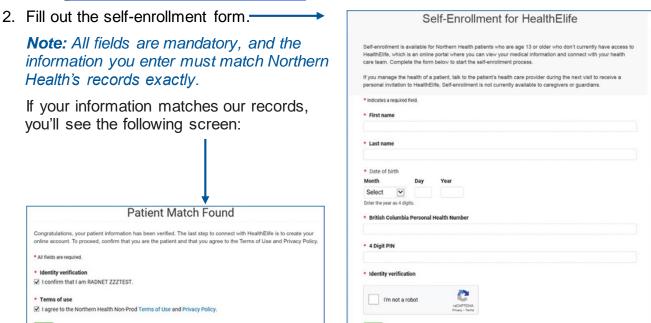
Before you can enroll in HealthElife, you'll need to have a PIN (personal identification number). Please see the tipsheet on the HealthElife page called "Getting Your HealthElife PIN".

HealthElife works on any computer, tablet or smartphone using the latest versions of Chrome, Firefox or Safari.

The HealthElife app isn't available in Canada yet, but you can use HealthElife on your phone or tablet using a web browser.

SETTING UP YOUR HEALTHELIFE ACCOUNT

1. Go to www.northernhealth.ca/healthelife and click Activate Account.



3. Tick next to **Identity verification** and **Terms of use**, then click **Next**.







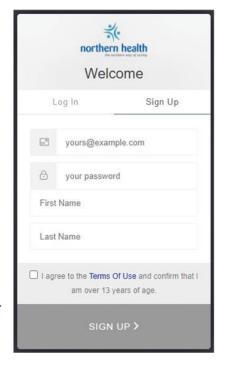
Setting up your HealthElife account, logging in, and signing out (continued)

4. The HealthElife Welcome window appears.

Note: The first time you sign in, you'll see the **Sign Up** screen. From then on, only the **Log In** screen will appear.

- 5. In the **Sign Up** screen, enter your personal email address, a password, and your first and last name.
 - a. The email address you enter will become your HealthElife username.
 - Passwords must be at least 8 characters long, and must include:
 - At least one lowercase letter
 - At least one uppercase letter
 - At least one number

Note: Because there's no way to validate or confirm your password (such as by entering it a second time or seeing what you typed), please take extra care when creating it. Northern Health recommends that you don't write down your password.



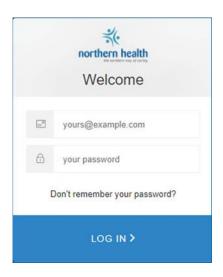
6. Your HealthElife **Dashboard now** appears. To learn more, see the tipsheet on the HealthElife page called "Overview of the HealthElife Dashboard."

LOGGING IN TO HEALTHELIFE

Once you've set up your HealthElife account, you can log in.

- 1. Go to https://Healthelife.ca.
- 2. Enter your email address (username) and password.
- 3. Click the the blue **Log In >** button at the bottom of the screen.

Note: To protect your personal information, Northern Health recommends logging into HealthElife from a secure device and location. →







Setting up your HealthElife account, logging in, and signing out *(continued)*

SIGNING OUT OF HEALTHELIFE

When you're ready to close HealthElife, you can sign out.

- 1. Click the three dots (...) next to your account name at the bottom left of the dashboard
- 2. On the list that appears, click **Sign Out**.





