

## Online Personal Wellness Profile Instructions and Information

### Before Taking the Online Personal Wellness Profile

1. You will need your University ID# to begin the online profile.
2. Make sure you are using Mozilla Firefox or Google Chrome to complete the Online Personal Wellness Profile. Internet Explorer is not working correctly.
3. Go to the [Online Personal Wellness Profile Page](#) and read through the Consent Form.
4. Click on either button at the bottom of the Consent Form.

I AGREE to PARTICIPATE in this study and would like to begin the Personal Wellness Profile.

or

I DO NOT AGREE to PARTICIPATE in this study but I would like to begin the Personal Wellness Profile.

5. You will be taken to the Online Personal Wellness Profile Login Page.
6. If you have never created an account, Click on the I Do Not Have and Account: Sign-Up Link.
7. Follow the instructions.
  - You will have to enter your Employee ID#.
  - You will have to enter your Department or Office
  - The program will not let you continue until you have entered both pieces of information.
8. Create a username and password.
9. Begin the Online Personal Wellness Profile.

### While Taking the Online Personal Wellness Profile

You may skip questions you do not want to answer.

You may skip the Additional Questions if you do not have any medical information to add.

### After Taking the Online Personal Wellness Profile

Congratulations on taking a step toward a HealthierU by taking the Personal Wellness Profile!

You will be contacted by a HealthyUNCG staff member within 5 business days of completing the Personal Wellness Profile. At that time you will have the opportunity to set up an appointment to review your results. During the results session, measurements (height, weight, and blood pressure) will be taken to make your results more accurate.