



HOW TO REGISTER

Start your wellness journey today by creating an account on www.aisdwellnessprogram.com. When you take part in the 2018-19 Arlington ISD 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 2018-19 Arlington ISD 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 www.aisdwellnessprogram.com or the SimplyWell® app
- » Click **Register**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: Full 9-digit SSN (123456789)
- » Enter the registration code: arlingtonisd
- » Follow the prompts to complete your registration

Questions?

Contact our wellness partner at 888-848-3723.