

## Getting Started Guide

### 1. Register an Account

We recommend that you register your account via mobile app but you can also do this via desktop browser. See instructions below.

#### Mobile App

Navigate to the app store (iOS or Android), search for "Terryberry Be Well", and download.



Open the Be Well app and select "Login with Email" and enter the email which was provided by your employer. You'll get emailed a verification code, use that code to complete the registration process.

The image displays two smartphone screens side-by-side. The left screen shows the login interface with the 'be Well' logo at the top. Below the logo, it says 'Welcome back, Enter your details and log in'. There are two input fields: 'Email or Username' and 'Password'. Below these fields is a link that says 'Forgot username or password?'. At the bottom of the login section are two buttons: 'Login to your account' (in blue) and 'Login with Email' (in white with a red border). At the very bottom of the screen is a link that says 'Don't have an account? Create one here'. The right screen shows the 'Authentication' screen. It displays a message: 'A login code has been sent to: mbell@terryberry.com'. Below this is an 'Enter Code' label and a text input field. At the bottom of the screen is a blue button labeled 'Verify Code'.

## Desktop Browser

You'll receive a welcome email with your username and a password reset link to the email address provided by your employer. Click that password reset link and you'll navigate to Be Well, where you can create your new password.

Welcome to your Wellness Program!


We're excited to have you join us on this journey.


Use the below credentials to login:


**Username:** pulmonxsu

**Password:** [Click Here to Set your Password](#)

**Download the Be Recognized App**

 GET IT ON  
Google Play

 Download on the  
App Store



Congrats! You've successfully logged in. For your convenience and security, please confirm your email address and provide a password below. Next time you log in, you will use this email/password combination to access the site. If you accessed the site using a log in code, it will no longer work once you have confirmed your email address and password.

Email\*  
example@terryberry.com

New Password\*

Confirm Password\*


Save and Continue


For future logins, use that username and newly created password when logging into your program at

Login with username

Login with code

Welcome to the Wellness Program!

 Username or Email\*

 Password\*

Log in

[Can't access your account?](#)

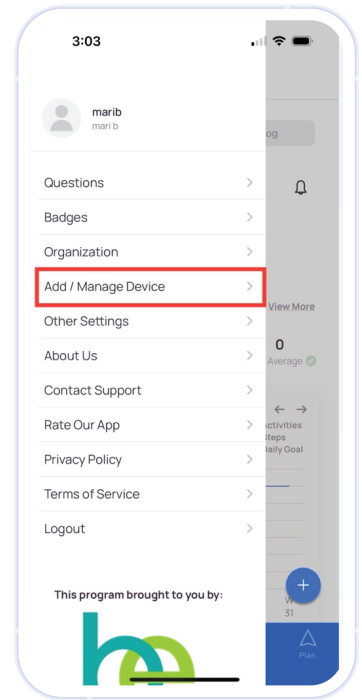
## 2. Sync your Device

Download the Be Well app (iOS and Android), sync with your fitness tracking device/app. Open Be Well and use your user-name/password to login.

To add or manage a synced connection, select the Settings (gear) icon and then Add/Manage Device.

## Questions/ Need Support?

- Click here to see video guides!
- Click here to view our member support site
- You can email [wellness@be-engaged.co](mailto:wellness@be-engaged.co)

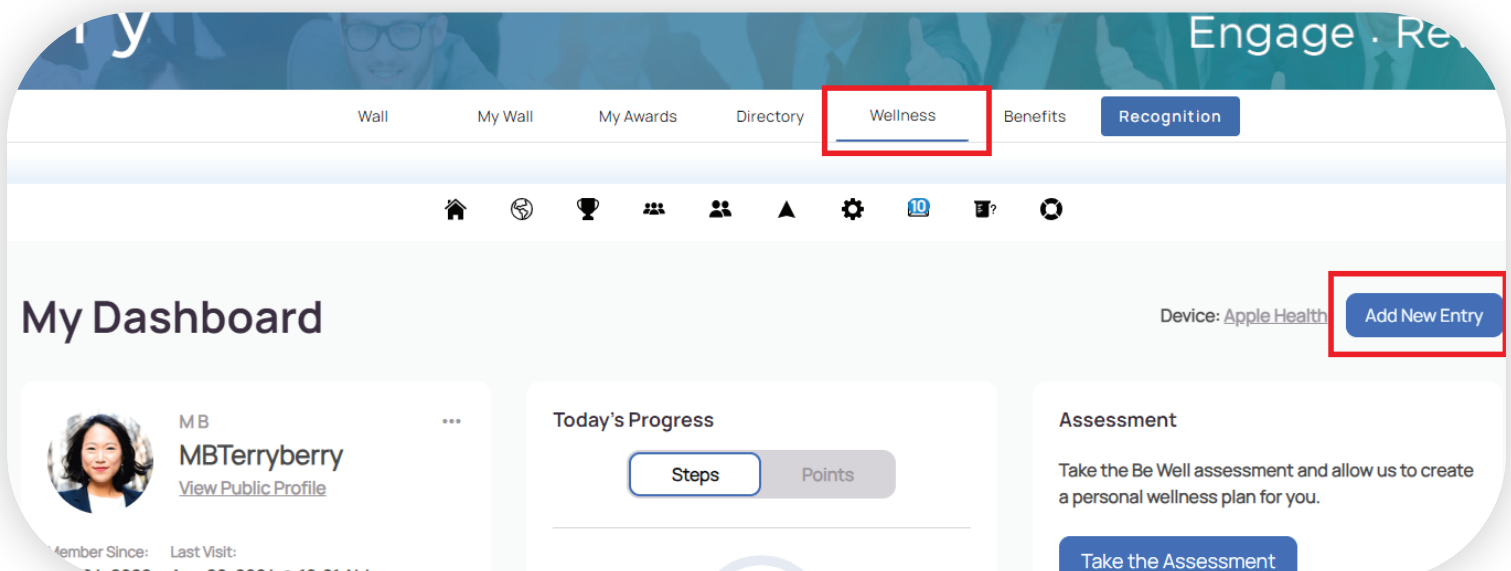
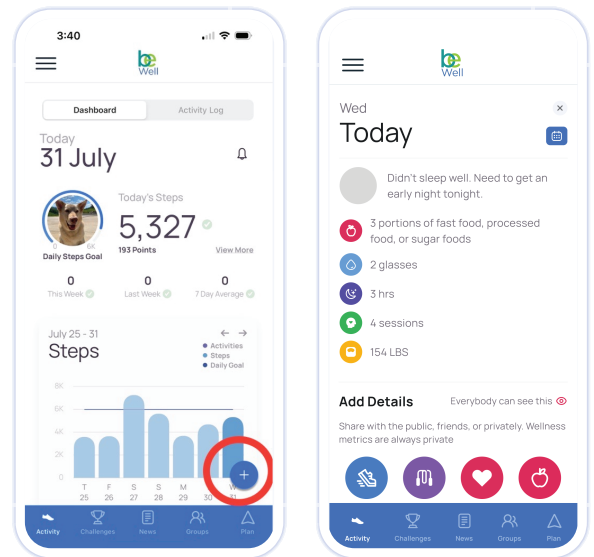


## 3. Make an Entry

Log your movement, wellness metrics, journal entries, and photos!

**Mobile App:** Click the Plus icon on the bottom right of the home page

**Desktop Browser:** Click the “Add an Entry” button



## 4. View the Challenge

**Mobile App:** Select the Trophy icon and then click on a challenge.

**Desktop Browser:** View the challenge via the Challenges tab.

Have fun exploring your program, making entries, and connecting with other members through the Sitewide tab. Stay tuned for updates from your Program Administrator, who will provide information about your upcoming challenge!

