1. Go to [https://www.healthyforlife.umsystem.edu](https://www.healthyforlife.umsystem.edu) and click on **Sign In with Cerner Health**.

2. Sign in or create a new account
   - **RETURNING USER**: If you participated in a previous Healthy for Life incentive program, please enter your existing account information in the “I Already Have an Account” section and click **Sign In**. This will create a single username and password to maintain easier account management going forward. You will then skip step 3 and proceed to step 4.
   - **NEW USER**: If you are a new participant, enter your email address in the “I Need an Account” section and click **Sign Up**.

3. Enter your personal demographics so we can match up your information with your wellness eligibility. Create your own Username and Password and remember it for future logins. Choose a security question to aid you in recovering your account, should
you ever lose or forget them, and type in the Captcha image. After agreeing to the Terms of Use, click on Create Account.
4. Enter your Date of Birth (MM/DD/YYYY) and your 8-digit employee id (EMPLID) number in the spaces provided, and click on Submit.

If you do not know your 8-digit employee id number, you can obtain your EMPLID in several different ways:

- On your UnitedHealthcare insurance card: on the line that reads “MEMBER ID”, if you remove the very first number, then the next 8 numbers are your employee id number.
- Contact the HR Service Center by phone or email. Their phone number is 573-882-2146 and their email address is hrservicecenter@umsystem.edu.
- If you have a copy of a recent paystub, your employee id number can be found in the “General” section, underneath your name.
- You can log into www.myhr.umsystem.edu and find your employee id under “Self Service.” Once logged in, click on “Pay & Leave”, then on “View Paycheck”. Choose any of the paystubs available, and after clicking on it, you will see your 8-digit employee id number underneath your name.

5. The next screen will show the Terms of Use for the Program. Please read through them, and choose an option at the bottom. In order to proceed with your account, you will need to “Agree” and click Continue.
6. Next, complete the blanks on the Profile Information page, and click on Save my Profile.

- **Current weight**: your current weight (this can be updated in your profile as your weight changes)
- **Initial signup weight**: your weight when registering your Cerner account (this cannot be changed once entered)
- **Goal/Ideal weight**: your goal/ideal weight
7. Once you are logged in, look for the Challenges widget on the Dashboard and click on “Sign up.”

If you have any other questions or problems, please send an email to Healthy for Life at wellness@umsystem.edu.