

# Sign-up for My AK Wellness

## A free online fitness and wellness resource

Southcentral Foundation understands one health plan does not always fit everyone's needs. My AK Wellness was chosen specifically for customer-owners to customize their health plans. As a free resource, My AK Wellness provides a website and app designed to help customers achieve their health and wellness goals. After signing up, customers can:

- Track food and exercise
- Log health information such as weight, blood pressure, glucose, and cholesterol
- Sync an activity tracker (e.g., Garmin or Fitbit) and upload achievements
- Participate in wellness contests to win prizes
- Create personalized meal plans with shopping lists
- Create workout routines (complete with videos)
- And more!

Register for My AK Wellness at <https://myakwellness.cernerwellness.com>. Steps to sign-up can be found on the back of this flier.

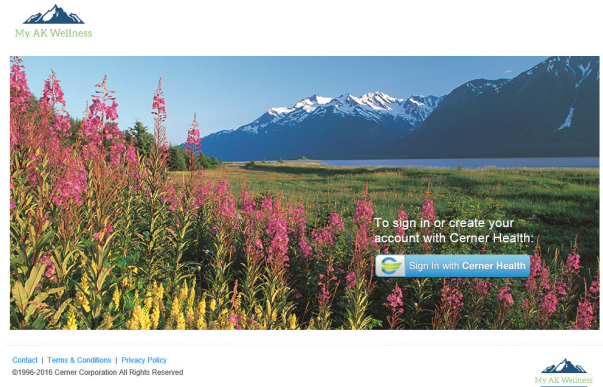
For account issues, please call Cerner Consumer Support at (888) 252-8150 or email [scfhedcernerwellnesscommittee@southcentralfoundation.com](mailto:scfhedcernerwellnesscommittee@southcentralfoundation.com)



# Signing up for My AK Wellness is easy!

1. Visit <https://myakwellness.cernerwellness.com>.

Note: Using <https://> ensures the site is secure. If you receive a message stating *your connection is not private*, remove [www.](http://) in your URL and replace with <https://> to enter the secure site.



2. Click *Sign in with Cerner Health*.



3. If you have Cerner Health credentials through MyHealth, you will not need to create a new account. Sign in with your existing credentials.

4. If you do not have a MyHealth account, enter your email address in the *I Need an Account* section on the left to sign up for new credentials. Remember the credentials you enter; you'll need them to verify your account in the next step.