



<https://myakwellness.cernerwellness.com>



What is My AK Wellness?

My AK Wellness is a new online fitness and wellness resource to help you achieve your health and wellness goals.

The confidential website and mobile app can:

- Track your food and exercise
- Log health information such as weight, blood pressure, glucose, and cholesterol
- Syncs with activity trackers, like Garmin and Fitbit, to upload directly onto the site
- Host fun and friendly wellness contests where you can participate and win great prizes
- Create personalized meal plans with shopping lists
- Provide access to friendly health coaches to help you set and meet your wellness goals

Who can sign up for My AK Wellness?

- Southcentral Foundation employees and customer-owners, ages 18 and older, can sign up for **My AK Wellness**.

Is there a fee for using My AK Wellness?

- No. **My AK Wellness** is free of charge to adult customer-owners and employees.

How do I sign up for My AK Wellness?

- Visit <https://myakwellness.cernerwellness.com> to sign up for My AK Wellness. You may need to create a Cerner Health ID by selecting *I need an account*. If you have MyHealth, you will not need to create a new account; your existing credentials will work for **My AK Wellness**.

How do I download the app for My AK Wellness?

- Log onto the desktop site and click the *mobile companion* button on your home page.
- On the mobile companion page, enter portal code: AKWELLNESS, your phone number, and create a pin.
- Download the HealthyNow app from the App Store or Google Play store and input the portal code and pin.



Does the app have the same resources as the desktop site?

- The current mobile app features some of the resources available on the desktop. To utilize all **My AK Wellness** features, visit the desktop site.

Why do I need to take the personal health assessment?

- The personal health assessment (PHA) is an essential step in your wellness experience. After taking the PHA, the site recommends meal plans, workshops, calorie intake, and cites risks specific to your needs and goals. You can maximize the program's full potential by completing the PHA. It takes approximately 20 minutes.

How do I sign up for a health challenge?

- When there is a health challenge, it will be displayed on the top tool bar. You can only sign-up for challenges during the specific enrollment period for each challenge. Afterward, you will be unable to sign-up, even if the challenge is still going.

How can I use My AK Wellness to contact a health coach if I have questions or concerns?

- If you need to contact your health coach, click *Community* on the top tool bar and then click *Message Center Inbox*. You can then send your message or question to the health coaches.

Is a health coach my primary care provider?

- No, but health coaches are part of your primary care team. Your health coach specializes in health and wellness education and disease prevention, and will help you to reach your wellness goals.

Do I need to complete my health profile? I've already done a personal health assessment.

- Your health profile helps remind you of updates for information such as your weight, blood pressure, cholesterol, glucose, and more. You can change how often your health profile requests these updates.

For account issues, please call Cerner Consumer Support at (888) 252-8150. For additional assistance, please contact the Southcentral Foundation Cerner Wellness Team at scfhedcernerwellnesscommittee@southcentralfoundation.com