

Welcome to the Healthy Lifestyles Health Portal

Just go to www.jeffersonhealthplan.com and follow these easy steps.



Getting Started or Returning Participant? Engaging, helpful support is always at your fingertips with the new, enhanced and fully mobile Health Portal. Now one convenient online resource offers tips, tools and encouragement to help you live healthier and happier.

The screenshot shows the Jefferson Health Plan website interface. At the top left is the Jefferson Health Plan logo. Below it is the tagline "The smart way to practice healthy living." To the right are two buttons: "Sign Up" and "Log In". A large blue banner features a collage of diverse people's faces and the text "Join more than 20,000 people working on healthy changes right now." Below this banner is a "GET STARTED NOW" button with a right-pointing arrow. Three callout boxes with orange arrows point to specific elements: one points to the "Sign Up" button, another points to the "Log In" button, and a third points to the "GET STARTED NOW" button.

New Participant? If you've never had an account with us, click on Sign Up or Get Started Now

Returning Participant? If you have an account, click on the Log In button. Enter your existing Login ID and Password, then click "Sign In."

Reach a weight you feel good about, find great-tasting healthy foods, take easy steps to a more active life. Let's do this -- together.

New Participant - Sign Up



Select what category you are registering for and click on the "Continue" button.

Sign Up

I am registering

Questions? Get [help](#) from our support team.

CONTINUE

I am registering

Questions? Get [help](#) from our support team.

CONTINUE

- Select
- as an employee
- as a spouse
- as a dependent
- as a domestic partner

Follow the instructions to set up your account. Fill in all required fields and click on the "Continue" button. Agree to the Terms of Use by checking the box. Once you're registered you can check out your personalized homepage. You'll use your email address and password when you come back to the site.

I am registering

Now we need some basic info to get rolling. All fields are required. If you don't know your employee ID, get help from our support team.

ABOUT YOU

Your first name

Your last name

Last 4 Digits of Employee's SSN

What does this mean?

Create your personal profile: Employees will enter the last four digits of their OWN social security number and Spouses will enter the last four digits of the COVERED EMPLOYEE'S social security number.

Your gender

Male Female

Your birth date

CONTINUE

Terms Of Use

Please read and accept our current Terms of Use and Privacy Policy to continue [Printable Version](#)

NOTICE: In addition to reviewing the Terms of Use below, you may review additional terms and conditions that apply to mobile text messaging including Text2Quit™, if you elect to receive text messages from us.

Terms of Use

IMPORTANT NOTE REGARDING WEBSITE CONTENT

The information and content (collectively, "Content") on this website is for your general educational information only. The Content cannot, and is not intended to, replace the relationship that you have with your health care professionals. The Content on this website should not be considered medical advice.

I agree to the Privacy Policy and Terms of Use above.

Program Emails

Part of this program includes emails to help you reach your health goals. These may include health content and your personal health information.

The emails we send over the internet are not secure. To lower the risk of others accessing your email, we encourage you to protect your computer and other devices with passwords, and to use a password-protected network.

- If you use a work email account or you access personal email using a device issued by your employer, your employer may have access to your email.
- For more details about email communication and how we use your personal information to contact you, see the "We Will Use Your Personal Information to Contact You" section of our [Privacy Policy](#).

Want to change your email preferences? To stop getting emails or change the email you use, click the avatar at the top right when you get to your homepage, then go to the Settings page and update your communication preferences.

CONTINUE

