



# WELLNESS PROGRAM





## WELCOME AND ABOUT US

### WELCOME

Take our hand and join us on a path to better wellbeing. Grace Cottage Hospitals' wellbeing program delivers everyday solutions through a holistic approach. We have partnered with Mediterranean Wellness to support your journey with messaging, excellent customer service, programs, challenges, and so much more!

### ABOUT US

**Mediterranean Wellness (MedWell)** portal is designed to engage and support you on your mission for wellness, and is directly accessible through your health dashboard. This site will serve as your on-line wellness website throughout the Grace Cottage Hospital wellness program.

### CONTACT US

If you have any questions regarding your program, please contact us:

#### MEDITERRANEAN WELLNESS

 800.977.6337

 [admin@mymedwellness.com](mailto:admin@mymedwellness.com)

***Mediterranean Wellness adheres to the highest privacy standards and we ensure that your personal health information is secure and protected. Individual data will never be provided to anyone without your written consent.***





## LOGGING INTO YOUR ACCOUNT

It could not be easier to set up your secure on-line wellness account!

To set up your account for the first time, go to <https://www.mymedwellness.com/login.php>. If you have logged in before, please log in with your credentials.

1. Click on, "New User? Register Here."
2. Enter your first name and last name as it is listed on your payroll check, birthday, and the company code.
3. Company Code: **Grace**
4. Please create your username and password. Enter your email address, phone number and submit.

Log in to your account with the credentials you just created at: [www.mymedwellness.com/login.php](https://www.mymedwellness.com/login.php).

From there, you will be redirected to your Online Dashboard. Throughout 2023 you are encouraged to complete a variety of wellbeing activities!

Your dashboard will show you all of the available activities and their MOJO value. Participants will be able to "cash in" their MOJO points each quarter for \$100\*.

*\*\$100 is taxable.*

