



Go to <u>www.sawellness.com</u>. Scroll down the page and click on "City of San Angelo." Login and select Healthy Activity Tracker. If your HRA is due, you will be prompted to take it first.



Select Report Activities This Month (see below). If you completed 12 consecutive weeks of walking in May, choose Health Events. Next, chose <a href="https://www.eventstyle.com">Previous Month</a> and select May. Then use the drop down box to select the walking program of 60 min for 12 consecutive weeks. Select the calendar below the drop down box and choose the specific completion date in May. Click Save.

C f https://wellsuite.com/San	AngeloWellness/ws/secure/ha	it/userReportHE.aspx?act=HE			
for San Angelo					
COMMUNITY HEALTH CLUB	SAN ANGELO COMMUNI MEDICAL CENTER	LY AMERIC N HEART ASOCIA	ATION	AMERICAN DIABETES ASSOCIATION	
Welcome Mary Solomon!	Health Activity Tracker™	<b>V</b>	Text size <sub>A</sub> A	A Wellsuite Home   Logout	
HAT Home	Biometrics Wellness Goals	s Health Events Heat	th Challenges	Preventative Health	
General Activities	< Previous Month	MAY 2014		Next Month >	
Report Activities Completed This	Biometrics Wellness Goals				
Report Activity Physical Activity Minutes	ies Completed This Month	om the drop down list below.			
Reports Of My Activities	Health Challenges				
1 Extra Day Paid Vacation -400 WOW points	Credits:	One		•	
How to Use This Program	Date 5/28/2014 Participated:*				
COMPANY INFORMATION City of San Angelo	My Notes: (Max characters: 255)				
http://www.cosatx.com	Save				
	Activities		Credits	My Notes	
	Edit Complete a walking pro	ogram of 60 minutes per week for 12	100	×	
	Total Credits 100				
	Sum of Health Events Credits Mont Total wellness credits for this mont	h-To-Date: 100 h (goal is <b>100</b> credits/month): 100			