



## **Congratulations on connecting to better health!**

This health and wellness education program not only provides you with tools and information but also gives you access to live health coaching by certified CHES® and ACE professionals.

### **Getting Started**

1. Go to [www.coachingbyhines.com](http://www.coachingbyhines.com)
2. Enter your specific group registration code **191130524** and follow the “click here” directions. You will need an email address. Each person registering needs a separate email address, they may not be shared. If you do not have an email address, you can get one for free at: [www.gmail.com](http://www.gmail.com) OR [www.yahoo.com](http://www.yahoo.com)
3. Complete the Registration Profile. Your email address will be your user name to enter the portal.  
  
Enter a password (minimum of 6 characters). Click on “continue to step 2”.
4. Read and accept the privacy and user policies. Click on “continue to step 3”.
5. Follow instructions to complete your Health Risk Assessment. Educational courses will be automatically added to your home page based on your answers. You can also browse other topics such as, “A New Look at Fast Food” and “There’s Something in the Water”, in the course library under “eTools”. You will also receive information in your “Document” section called, “How to Use Features of Healthy Tomorrows”.

For questions or assistance:

Call the Healthy Tomorrows team at 1-800-592-8097 or email [coach@hinesassoc.com](mailto:coach@hinesassoc.com)

**Now you are ready to take flight on your journey to health and wellness!**