



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.

Welcome Back

1. Go to www.coachingbyhines.com
2. Under the "returning user" section enter the email address associated with your Healthy Tomorrows account. **Please note a spouse utilizing Healthy Tomorrows will need a separate email address, you may not share one.
3. If you do not remember your password enter your email address in the "returning user" box and click the "forgot password" link. An email will be sent with your password. Be sure to check your spam/junk mail if you don't see the email.
4. **Complete your annual Health Risk Assessment** by clicking the red link at the top of your Healthy Tomorrows homepage or by hovering your mouse over the purple letters that read, "My Health Risk Assessment". This is on the left hand side of Healthy Tomorrows under "eTools" and select "Create a New Health Risk Assessment".
5. Educational courses will be automatically added to your home page based on your answers. You'll also be emailed monthly newsletters with educational health topics.

For questions or assistance:

Call the Healthy Tomorrows team at 1-800-592-8097 or email coach@hinesassoc.com

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