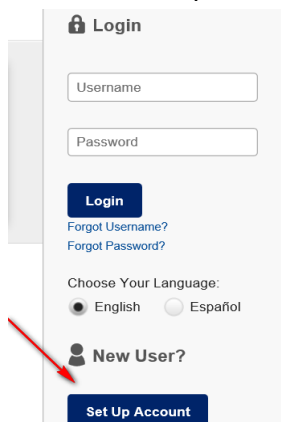


Wellness Portal login and registration instructions. Registration is required only the first time you login.

Go to the [Healthy Rice. Healthy Life website](#).

- Click on “set up account” to register and create your unique username and password.



- When entering your employee ID on the registration page, be sure to use all of the leading zeros of your E number. **For example: E00012345.**



- Use your **created** username and password any time you login to the [Healthy Rice. Healthy Life website](#) via your computer, iPad or smart phone.
- Please note that the **password must be at least 8 characters long. It must include a mix of upper and lower case letters and a number. It cannot contain 3 sequential characters from your username, first name or last name.**