



Get Started on a Healthier You

Taking control of your wellness has never been easier!

The Healthy RICE. Healthy Life wellness program has a new online portal for benefits-eligible faculty and staff that provides the support and guidance you need to take control of your health. Within the portal, you'll find recommendations based on your health goals. You can track your progress all in a private, secure environment.

Getting started is easy:

1. Register by visiting <https://rice.cafewell.com>
2. Click on the **REGISTER NOW** button.
3. Enter your **Employee ID** (example: E00012345) and **Date of Birth**.
4. Choose your
 - Username and password
 - Security questions (for password reset, if needed)
5. Input your health goals.
6. Look for the screening banner at the top of the home page and click on **Learn & Get Started**.
7. Follow prompts to schedule your on-site screening.

Questions? Call 1-877-916-5940 (option 1) or email Rosie Gonzalez at rg43@rice.edu

Healthy  RICE.
Healthy Life.

