



orriant  
**Steps to Participate**  
WHERE HEALTH COMES TO LIFE

**THE GOAL** Engage in your own health and well-being by earning Health Promotion points through the calendar year.

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- 1** Visit [www.myorriant.com](http://www.myorriant.com). Use your email as your username. If needed, select **Forgot Password** by the sign in or the **Chat with Us** feature at the bottom right during business hours.



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Select the **Menu**  icon to discover available Orriant resources!

- 2** Select **Health Promotion** to view the healthy activities that you can participate in throughout the year. Be sure to select **Get Credit** to earn points on the activities you complete!

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- 3** Select **Competitions** to view upcoming or ongoing group wide challenges. Typically, participation in these means tracking a goal back on the main page of the Orriant Wellness Portal. Be sure to **Sign Up** when you want to participate!
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