City of Portland Employee Wellness

Accessing the WellWalk Program

Follow the instructions below to access the WellWalk Program, a free exercise tracking program from Cascade Centers Employee Assistance Program:

- Go to www.cascadecenters.com
- Click on the *Personal Wellness* link at the menu bar at the top of the screen
- Click on the link located on the left sidebar called *Click the link below to start a wellness program or take a Health Risk Assessment: Cascade Personal Wellness*
- You will be redirected to the WellCall website. From here, you have the option to proceed as a *Returning User*, or you may register as a *New User*.
    - *Returning User:* enter your username and password to access your personalized program.
        - From the new screen, select the *Health Coaching* option located below the slideshow, and also located on the right sidebar of the screen. This will take you to the *Health Coaching* screen.
        - From the *Health Coaching* screen, select the *Online Coaching Programs* option on the left sidebar. This will take you to the *Online Health Coaching Programs* page.
        - From the *Online Health Coaching Programs* page, select the *Walk for Fitness* option located on the left sidebar and at the center of the page. This will take you to the *WellWalk Program* website.
    - *New User:* click the *Register* button to access the registration screen.
        - Enter **city of portland** in the field titled *Company Password*. Create a username and password, and enter your email address. This will take you to the *Privacy Statement* page.
        - Review the privacy statement and click the *Continue* button if you agree to the terms of the privacy statement.
        - From the new screen, select the *Health Coaching* option located below the slideshow, and also located on the right sidebar of the screen. This will take you to the *Health Coaching* screen.
        - From the *Health Coaching* screen, select the *Online Coaching Programs* option on the left sidebar. This will take you to the *Online Health Coaching Programs* page.
        - From the *Online Health Coaching Programs* page, select the *Walk for Fitness* option located on the left sidebar and at the center of the page. This will take you to the WellWalk Program *Welcome screen*.
- From the WellWalk *Welcome screen*, click the *Continue* button. This will take you to another *Privacy Statement* page.
- Once you have reviewed the privacy statement, click the *Continue* button if you agree to the terms of the privacy statement. This will take you to the WellWalk *New Member Registration* page.
- Complete the required fields in the Registration box and click the *Submit* button to submit your information. This will take you to the *Review Information* page.
- Once you have reviewed your registration information, click the *Confirm* button. This will take you to the *Thank You* page.
- Review the Thank you letter to identify your *personal WellWalk coach*. Click the *Continue* button to access your WellWalk Schedule, Progress Tracker and other program features.

For technical support, please contact Cascade Centers toll free at 1-800-433-2320.