LIVEWELL! BEWELL!
City of Portland Employee Wellness

Cascade Centers Employee Assistance Program (EAP)
GlobalFit Fitness Center Network (fitness club discounts) Login Instructions

Through GlobalFit, employees and their families have below-retail access to gyms nationwide:

- **10,000+ locations in the U.S. and Canada**
- **Bally Total Fitness, Curves, 24 Hour Fitness, Anytime Fitness, Ladies Workout Express, Lady of America, plus regional chains and local favorites**
- **GlobalFit's Lowest-Price Guarantee – if any participating gym offers a lower price in writing, GlobalFit will beat that rate by 5%.***
- **Free Guest Passes to try most gyms before deciding**

Accessing the GlobalFit Fitness Center Network (discounts for gym memberships, weight loss programs and health coaching):

- 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 page.
    - *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, highlight the *Wellness Resources* option located on the menu bar near the top of the page and select *Discounts* from the drop-down menu. This will take you to the *Discounts* screen.
- From the *Discounts* screen, select the *Gym Memberships* option on the left sidebar. This will take you to the *GlobalFit Fitness Center Network* page.
- Click the red *Get Started Today!* button at the bottom of the page. This will take you to the *GolbalFit* website.
- Follow the instructions on the *GlobalFit* website to access discounts for Gyms & Exercise (including Personal Training and Virtual Gym), Weight Loss & Nutrition, and Health Coaching.

We hope you find the GlobalFit Fitness Center Network available through Cascade Centers Employee Assistance Program (EAP) to be a useful tool in achieving your personal wellness goals. For technical support, please contact Cascade Centers toll free at 1-800-433-2320.