

HOW TO COMPLETE YOUR TOBACCO/NICOTINE ATTESTATION OR CESSATION IN YOUR WELLNESS PORTAL

1. ACTIVATE OR SIGN IN TO YOUR EXISTING ACCOUNT

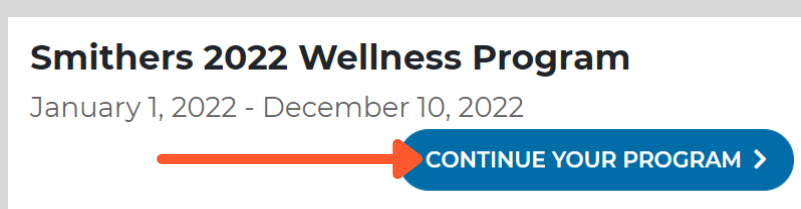
How to activate my account

All employees and spouses have access to their own accounts.

1. Go to portal.peopleonehealth.com and click "Don't have a company email address."
2. Enter the last 6 digits of your social security number and follow the onscreen prompts to set up your account.

2. HOME PAGE

Click "continue your program" on your home page.



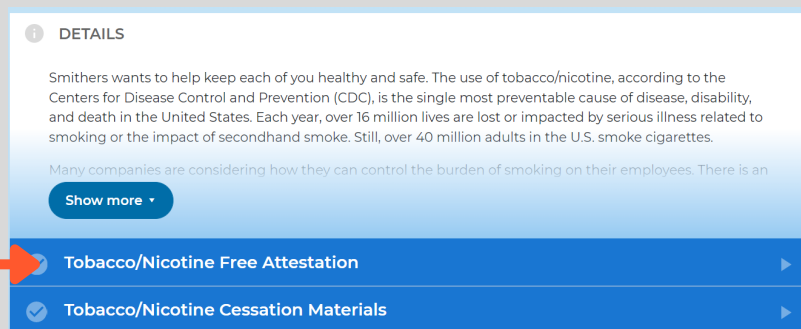
3. YOUR 2022 WELLNESS PROGRAM

Click the "tobacco/nicotine free attestation or cessation program" step of your wellness program



4. SELECT THE APPROPRIATE STEP FOR YOURSELF

If you are a non-smoker you will click the attestation step, if you are a smoker looking to quit click the cessation step.



5. SELECT THE APPROPRIATE STEP FOR YOURSELF

If you are a non-smoker you will click the attestation step, if you are a smoker looking to quit, click the cessation step.

Continue with the on-screen instructions to complete this program step.

