

JourneyWell User Guide

1) Log on to healthpartners.com/starttribune

HealthPartners **StarTribune** Search Log On

Welcome Star Tribune employees!
Use these resources to see what you get as a HealthPartners member. Log on for even more information.

myHealthPartners
Username
Forgot username?
Password Go
Forgot password?

LOG ON TO *myHealthPartners*

- Schedule an appointment
- Get test results
- Pay clinic bill
- Refill prescription
- Search covered medicines
- View claims

SIGN UP FOR *myHealthPartners*

Find a doctor or specialist **View your benefits** **Check coverage for your prescriptions**

Contact Us
952-883-5000
800-883-2177
952-883-5127 (TTY)
7 a.m.–7 p.m., M–F, CST

Helpful resources
FSA
Wellness program
Healthy pregnancy

Compare your options
Plan comparison tool
Cost comparison tools

Be healthy
Discounts on gym memberships and more
Preventive care guidelines
Health Information Library

Get the support you need
Help when you have questions
Decision support resources

simple to the rescue
See what life is like as a HealthPartners member.

2) Click on *Get Started* under Health & Wellness

Medical Plan Services Patient Services **Health & Wellness**

You have 5 unread plan messages **Health assessment and well-being activities**

You've got health potential!
What's important to you? Get more of what you want from your life.
Take the health assessment and do well-being activities now!
Get started

Health Information Library
Search more than 8,000 topics for useful health information, pictures and tools

Preventive Care Guidelines
Staying healthy starts here

Save
[View all Healthy Discounts](#)

Join the conversation on Facebook!
Like Coach VonHealth on Facebook!

Resources
[Virtual coach](#)
[Health Information Library](#)
[Decision support tools](#)
[Health classes](#)
[My health diary](#)
[Preventive guidelines](#)
[Advance directives](#)

Eat smart **Be tobacco free** **Get moving** **Rethinking drinking**

- 3) You may receive the following pop up message while in the process of going to the health assessment. This is asking if you'd like to go paperless with your health plan materials. Click "Continue" to go paperless. Click "Go back to paper" if you'd like to receive paper copies of your materials in the mail. You can also click "Remind me later" if you'd like to continue. Once you choose an option, you'll go back to your JourneyWell page.

Get started with online delivery! Now you can get many of your health plan materials in your myHealthPartners online account, including your explanation of benefits and membership contract. We'll send you an email notification whenever you have new materials available. Thank you for going green!

[Continue](#) [Go back to paper](#)
[View the terms and conditions](#)

Watch the mail for your activation code To see all of your personal information, you'll need to activate your myHealthPartners account. You should get your activation code in the mail at your home address within the next three to five business days. We require the activation code to protect your privacy. When you get your activation code, enter it in the orange box on your myHealthPartners page to start getting the most out of your online account.

[Continue](#)

Please update your email address We recently sent you an email that was undeliverable. By updating your email address, you'll continue to get information about your HealthPartners plan online.

[Update my email](#)

Keep your personal information safe To make your account more secure, we've added additional security questions. If you ever forget your password, you can answer these questions to

[Update my security questions](#) [Remind me later](#)

- 4) View the welcome message and click *Continue*.

HealthPartners [Contact Us](#) | [Log Out](#)

Welcome,

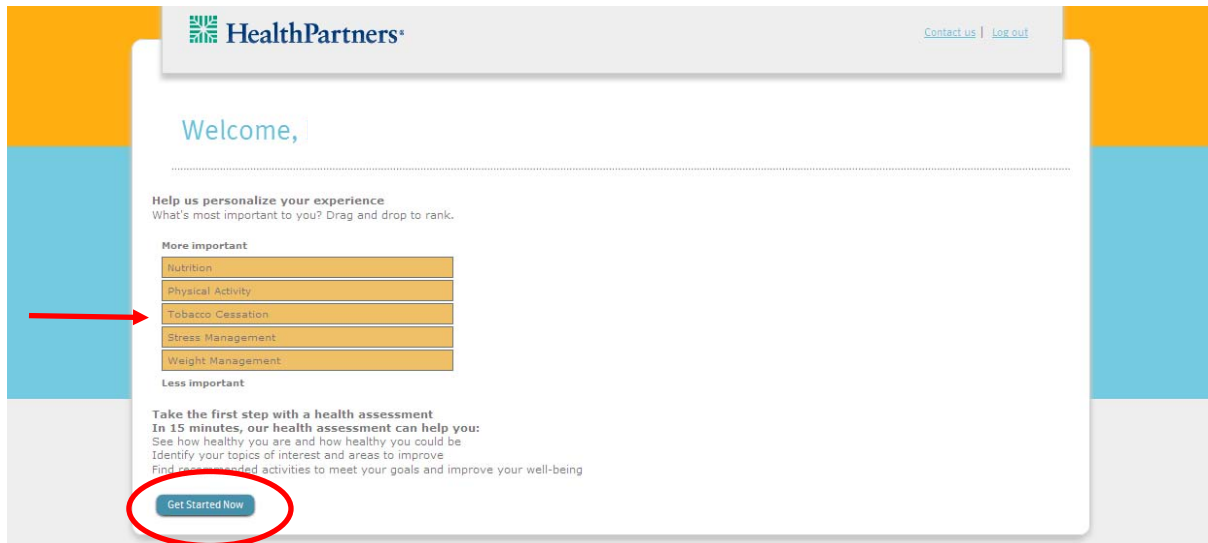
Live a healthier, happier life
What's important to you? Get more of what you want from your life. No matter where you are in your wellness journey, we have activities to fit your busy life.

Earn rewards
Earn rewards by completing a health assessment and fun activities. And the best reward of all - you'll feel better and reach your goals.
There's a lot to explore, so let's get going.

[Continue](#)

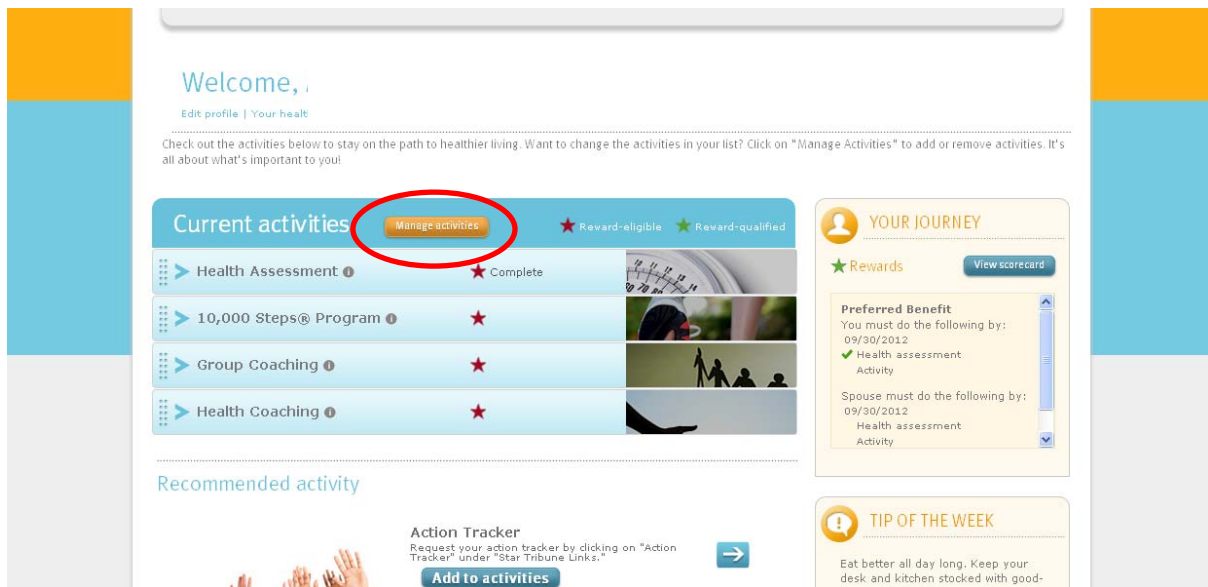
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- 5) Click and drag the bars to rank them in order of importance to you, with the most important at the top. A program will be suggested to you according to your top choice.
- 6) Click "Get Started Now" to take your health assessment.

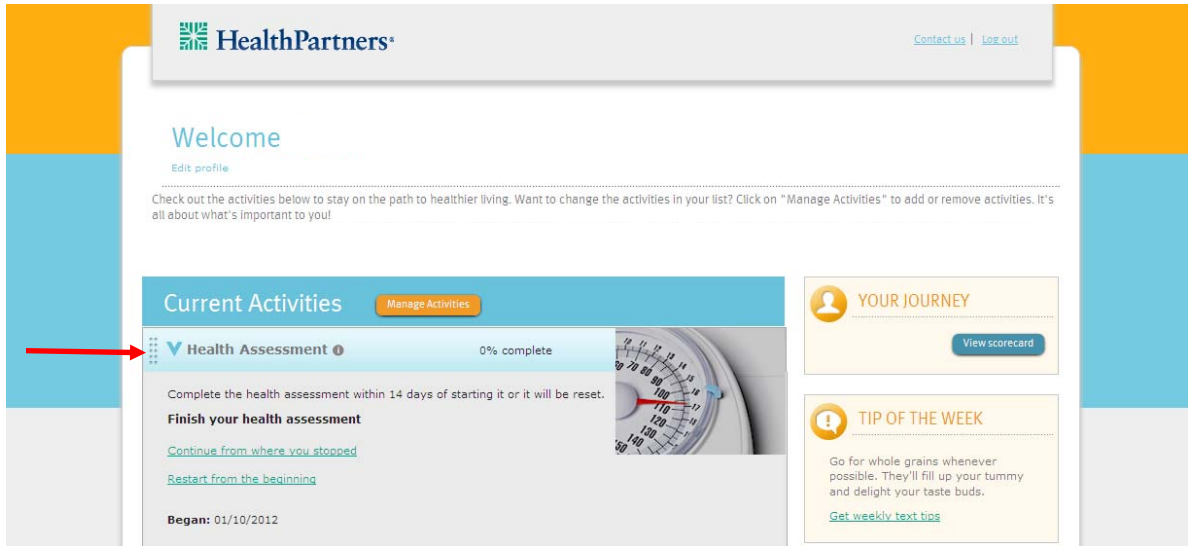


Other features:

Activities you are participating in will appear under your "Current Activities" menu. To edit what appears in your menu, click "Manage Activities."



To view more details about an activity, click on the blue bar and it will expand.



To see your program completion status, click on "View Scorecard."

