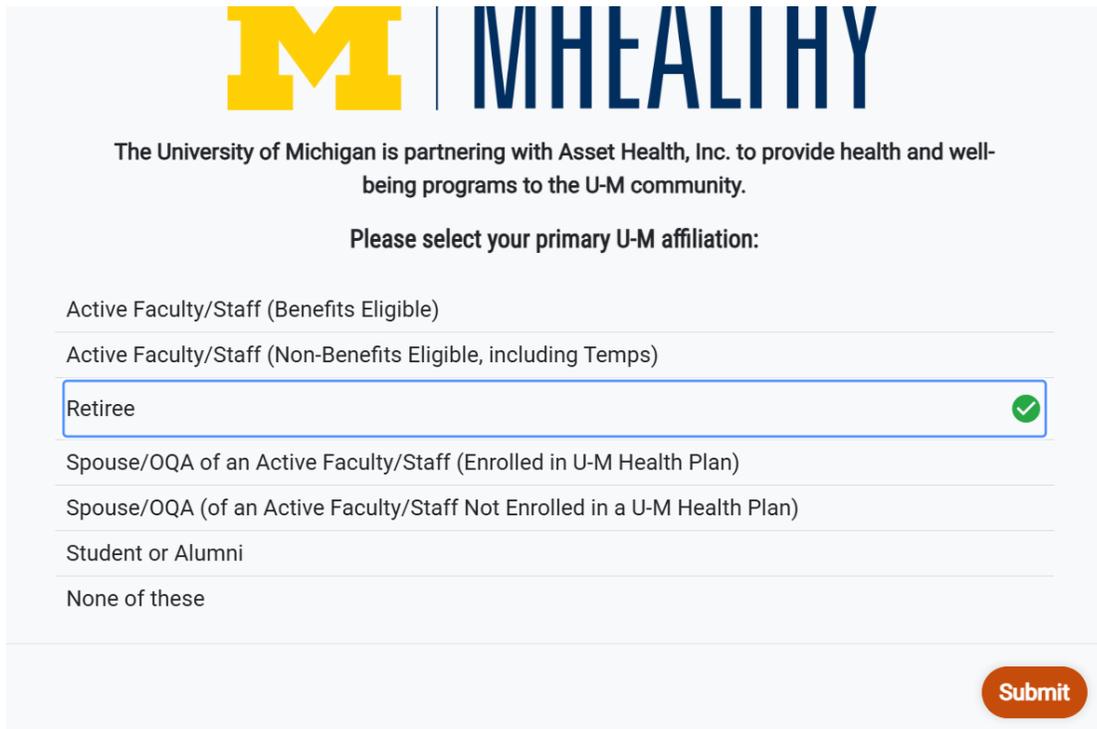


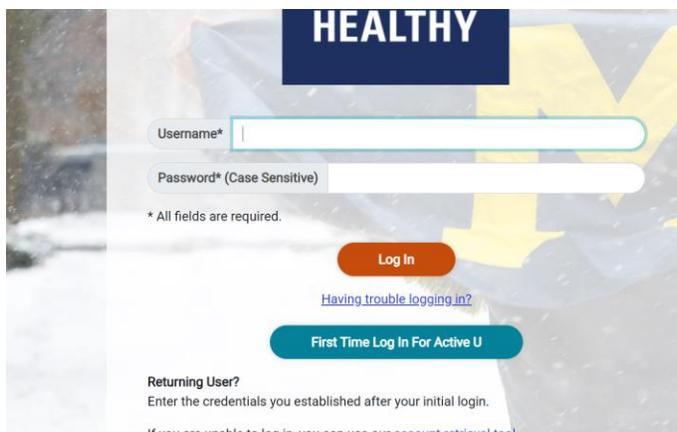
## **Instructions for getting into the Active U program as a Retiree**

1. Click on the Asset Health link <https://assethealth.com/umich> . You will see the page below. Click on "Retiree" then click submit.



The screenshot shows the MHEALTHY website interface. At the top, there is a logo with a large yellow 'M' and the word 'MHEALTHY' in blue. Below the logo, a message states: "The University of Michigan is partnering with Asset Health, Inc. to provide health and well-being programs to the U-M community." Underneath, it asks the user to "Please select your primary U-M affiliation:". A list of options is provided, with "Retiree" selected and marked with a green checkmark. The other options are: "Active Faculty/Staff (Benefits Eligible)", "Active Faculty/Staff (Non-Benefits Eligible, including Temps)", "Spouse/OQA of an Active Faculty/Staff (Enrolled in U-M Health Plan)", "Spouse/OQA (of an Active Faculty/Staff Not Enrolled in a U-M Health Plan)", "Student or Alumni", and "None of these". A red "Submit" button is located at the bottom right of the form.

2. Next you will see the screen below. Click on the teal button that reads ""First Time Log In for Active U"

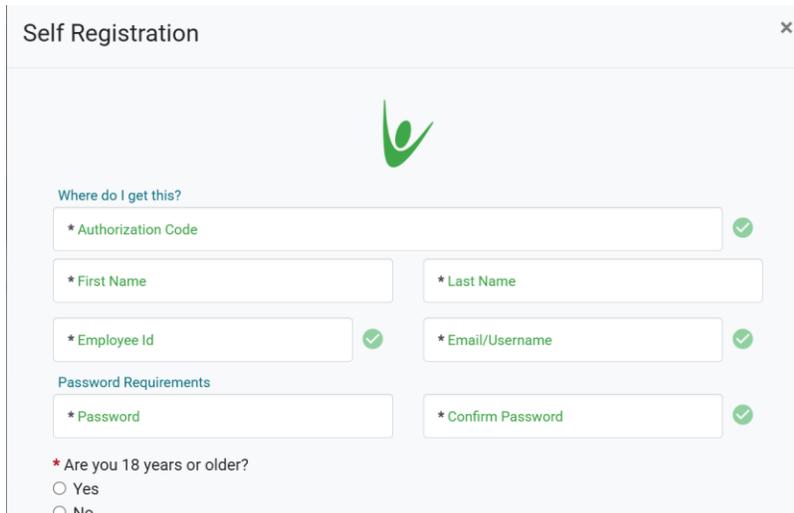


The screenshot shows the login page for MHEALTHY. It features a background image of a snowy landscape with a large yellow arrow pointing upwards. The word "HEALTHY" is displayed in white on a dark blue rectangular background at the top. Below this, there are two input fields: "Username\*" and "Password\* (Case Sensitive)". A note below the fields states: "\* All fields are required." There are three buttons: a red "Log In" button, a teal "First Time Log In For Active U" button, and a blue link "Having trouble logging in?". At the bottom, there is a section for "Returning User?" with the text: "Enter the credentials you established after your initial login." and a note: "If you are unable to log in, you can use our [account retrieval tool](#)."

3. You should then see this (below). The authorization code is

goblue

Complete the page. When you set up a password, it should be different than the password you used as an employee.



The image shows a 'Self Registration' form with a green logo at the top. The form contains several input fields, each with a green checkmark indicating it has been filled or validated. The fields are: 'Where do I get this?' (with a sub-label '\* Authorization Code'), '\* First Name', '\* Last Name', '\* Employee Id', '\* Email/Username', 'Password Requirements' (with sub-labels '\* Password' and '\* Confirm Password'), and a question '\* Are you 18 years or older?' with radio buttons for 'Yes' and 'No'.

4. Once you set up your account, you can get in to see the screenshot below. Click on the "get Started with Active U" button, complete the short pre-survey, register (join or create a team, or participate as an individual), and you are ready to log minutes (starting Monday, January 20).

