

WELLNESS LIVING

A STEP BY STEP GUIDE FOR MOVE CAREGIVERS

WELCOME EMAIL

You will receive a Wellness Living Welcome email.

Click **"SET UP YOUR ACCOUNT"** to create your login and password.

1

UPDATE PROFILE

Click **MY PROFILE** (participant name)

Select **EDIT PROFILE** to update:
Contact information
Emergency contact
Notification

Keeping this updated helps us support you best!

2

VIEW CLASSES

Click **MY SCHEDULE** to:
See upcoming registration

Confirm registration
view class times & details

This is your go-to place for everything scheduled!

3

CANCEL CLASSES

If the Participant can't attend class:

Go to **MY SCHEDULE**

Under **ACTION**,
click the 3 dots
Select **CANCEL**

Please also let your Coach know if you will be absent

4

MORE CLASSES

To sign-up for
Drop-in &
Holiday classes

Click **BOOK NOW** to select the classes or join special MOVE events.

Spots can fill quickly - book early!

5

HELPFUL TIPS

Wellness Living can be accessed on your computer and mobile device

Use the same email MOVE has on file to avoid login issues.

6