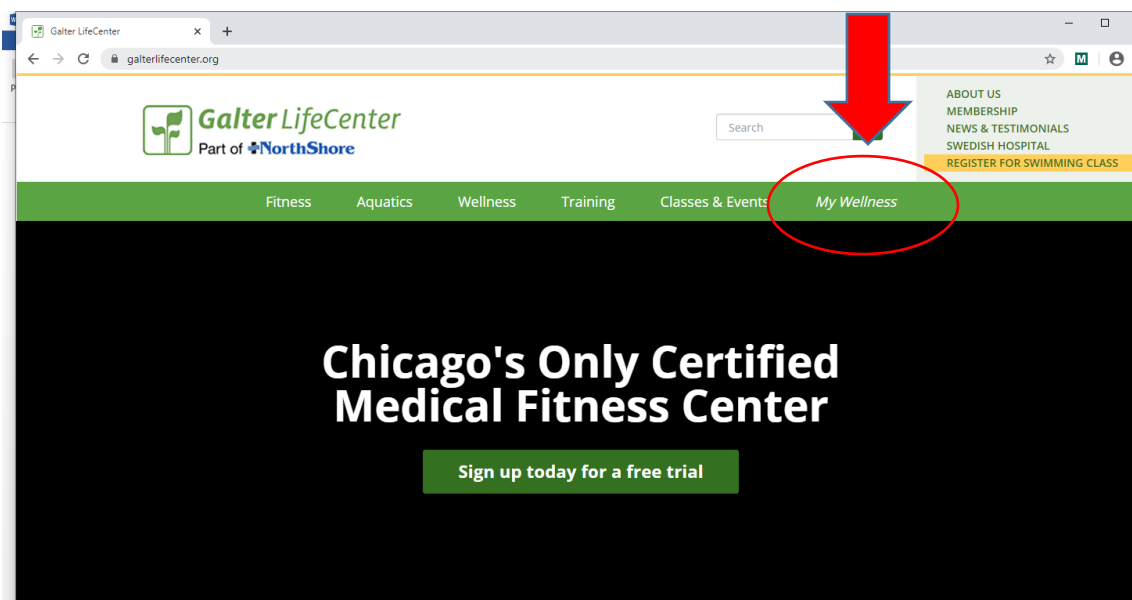# How to Log In to My Wellness

1. Go to the Galter LifeCenter website (galterlifecenter.org) and click on "My Wellness".

2. Put in your username and password.
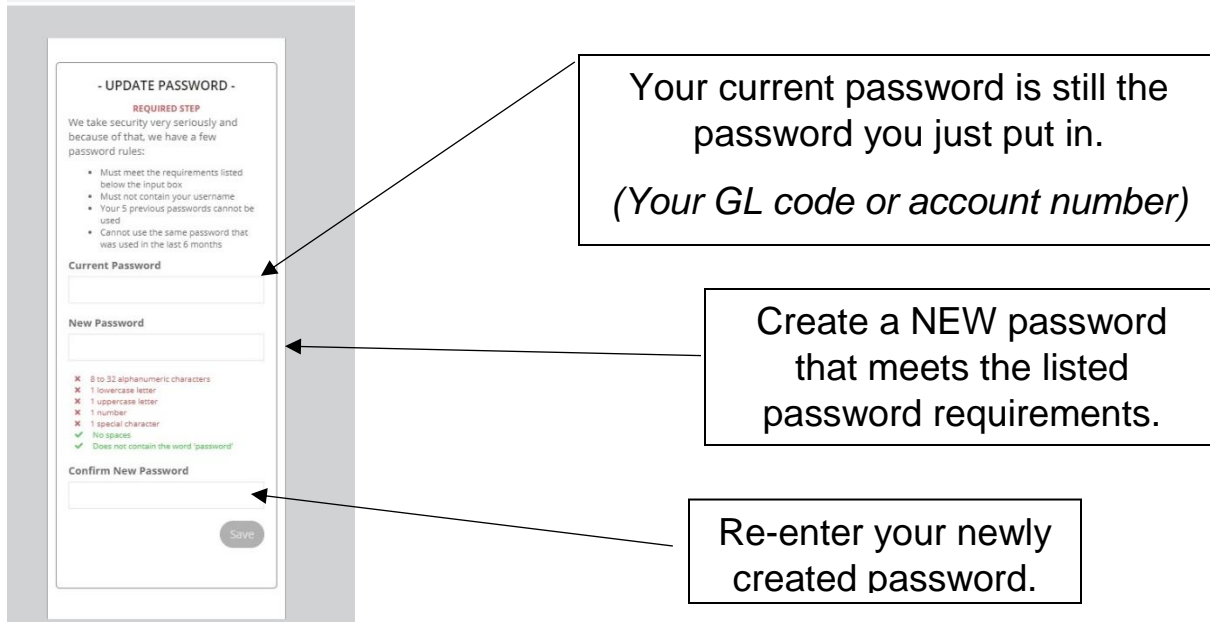

Your **Username** is the "GL" number on the back of your Galter Key Tag. Make sure the "G" and "L" are **CAPITALIZED.** If you wish, you can change your username when you log in.

Your **Password** is the "GL" number on the back of your Galter Key Tag. Make sure the "G" and "L" are **CAPITALIZED** You will be prompted to change your password when you log in.

Attention Virtual Members: If you do not have a Galter Key Tag, follow the steps above using your account number as your username and password. If you do not know your account number, call 773-878-9936 and we will be happy to look it up for you!
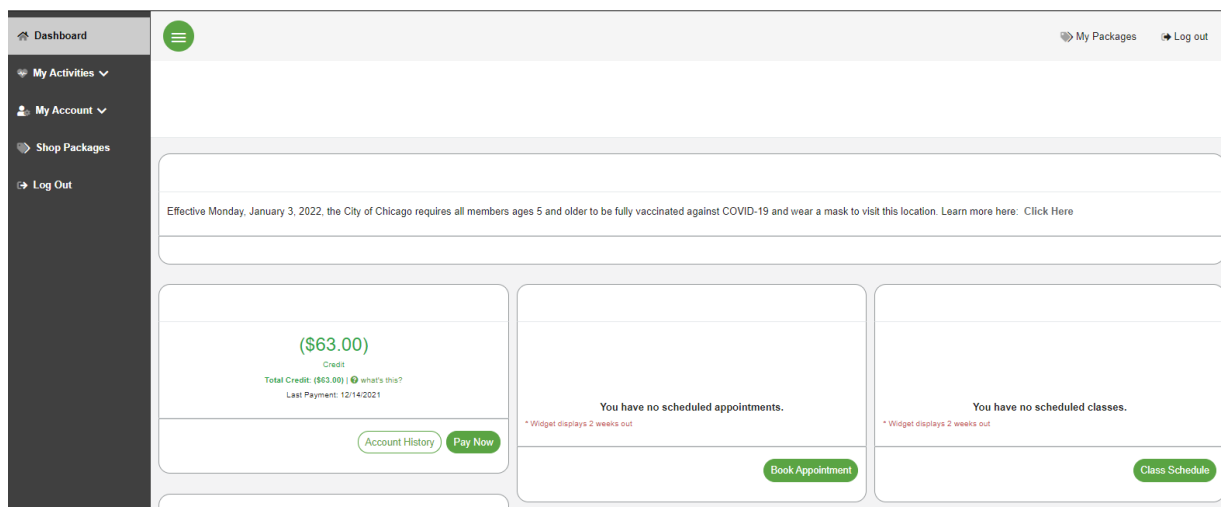
3. *My Wellness* will require you to update your password. Make sure to create a new password that meets all the listed requirements!

Your current password is still the password you just put in.

(Your GL code or account number)

Create a NEW password that meets the listed password requirements.

Re-enter your newly created password.

4. You have now logged in successfully! It will lead you to the dashboard.