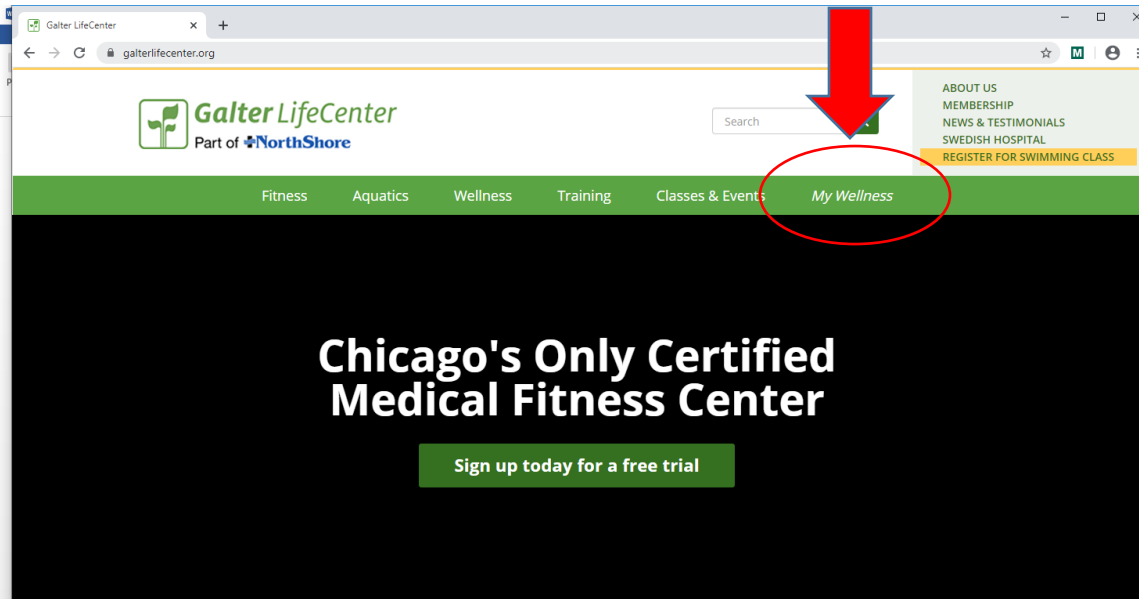


HOW TO LOG IN TO MY WELLNESS:

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



- 2.

A screenshot of the Galter LifeCenter login page. The page features the Galter LifeCenter logo and the text 'Part of NorthShore' and 'Welcome to Empower M.E.'. Below this is a login form with two input fields: 'Username' and 'Password'. There is a checkbox labeled 'REMEMBER USERNAME' and a green 'Login' button. At the bottom of the form, there are two links: 'FORGOT USERNAME?' and 'FORGOT PASSWORD?'. Two callout boxes with arrows point to the 'Username' and 'Password' fields. The first callout box explains that the username is the 'GL' number on the back of the Galter Key Tag, with 'G' and 'L' capitalized. The second callout box explains that the password is the 'GL' number on the back of the Galter Key Tag, with 'G' and 'L' capitalized, and that the user will be prompted to change their password when logging in.

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.

3.

The image shows a mobile application screen for updating a password. The form is titled '- UPDATE PASSWORD -' and includes a 'REQUIRED STEP' section with a warning message and a list of password rules. There are three input fields: 'Current Password', 'New Password', and 'Confirm New Password'. A 'Save' button is located at the bottom right. Three callout boxes with arrows point to the 'Current Password' field, the 'New Password' field, and the 'Confirm New Password' field, providing instructions for each step.

- UPDATE PASSWORD -

REQUIRED STEP

We take security very seriously and because of that, we have a few password rules:

- Must meet the requirements listed below the input box
- Must not contain your username
- Your 5 previous passwords cannot be used
- Cannot use the same password that was used in the last 6 months

Current Password

New Password

- ✗ 8 to 32 alphanumeric characters
- ✗ 1 lowercase letter
- ✗ 1 uppercase letter
- ✗ 1 number
- ✗ 1 special character
- ✓ No spaces
- ✓ Does not contain the word 'password'

Confirm New Password

Save

Input the password you just used. (Your GL code)

Create a NEW password that meets the listed password requirements.

Re-enter your newly created password.