



## *Welcome to Creating Wellness!*

We are excited to have you join our growing number of Creating Wellness members.

This Letter will guide you through the registration and log-in process for the “MycreatingwellnessSpace” web site. This site has been uniquely designed to meet your wellness needs and goals.

Follow these simple steps to begin your journey into Creating Wellness.

- Step 1** Go to [www.creatingwellness.com](http://www.creatingwellness.com)
- Step 2** Click on “**Wellness Member Login**” located in the upper right hand section of the website.
- Step 3** Click on “**Create Account**”
- Step 4** Type in your information and Access Code - **51820182**
- Step 5** Create your own user name and password.
- Step 6** You’ll receive a **notification email** asking you to activate your account, please **click on this link**. *(If you do not have a valid email address, your Creating Wellness coach can assist in activating your account.)*
- Step 7** When you go back into MycreatingwellnessSpace, the first item to appear on the page will be the CW Profile. This is a short 12 question profile that will allow you to access the meal and fitness plan.
- Step 8** After the short profile, you will click on “Snapshot” on the left side of the blue bar at the top of the screen. Then click on “**LifeStyle Questionnaire**” directly below that and complete. *(Only perform this if you haven’t done one on-line already.)* When finished be sure to **SUBMIT**. Very important to complete “LifeStyle Questionnaire and submit it.

Once you have completed and submitted the LifeStyle Questionnaire, you will return to Agape for your physical assessment. Your results will be processed and you will learn what number your Wellness Quotient is. The next step is to learn about a variety of packages we have available to address your individual needs in an approach that suits you.

Creating Wellness every day,

*The Creating Wellness Team at Agape Therapy*

