



# IMPORTANT WELLNESS PROGRAM UPDATE

YOUR WELLNESS PORTAL & WELLNESS APP ARE UPGRADING

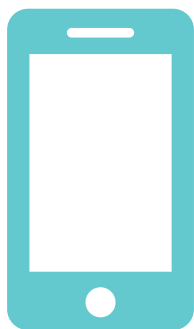
Remember: Delaying these steps will cause tracked activities to be lost. Take a few minutes to complete these steps to keep tracking your hard work!

## STEP 1: UPDATE YOUR WELLNESS PORTAL



- 1 Log into your [www.myGilsbar.com](http://www.myGilsbar.com) account.
- 2 Click **Wellness Center** under right-hand Quick Links.
- 3 You will be prompted to create a **username** and **password**. \* *You'll use this username and password to log into the Gilsbar Wellness App.*
- 4 Click **Create Username**.

## STEP 2: UPDATE YOUR WELLNESS APP



Delete:




Gilsbar-Wellness

Download:



Gilsbar Wellness

- 1 Download the **Gilsbar Wellness** app on your mobile device. 
- 2 Bypass Registration Code field by selecting **Already have a Login**.
- 3 Enter the **username** and **password** created in Step 1. \*

Gilsbar Wellness