

Select Language:

[\[Log In \]](#)



Navigation menu: About Us, Contact Us, Disclaimer, Privacy Policy

Welcome to My Pathway to Health

Start registration process

My Pathway to Health was developed to help you succeed on your individual path to health and long-term well-being.

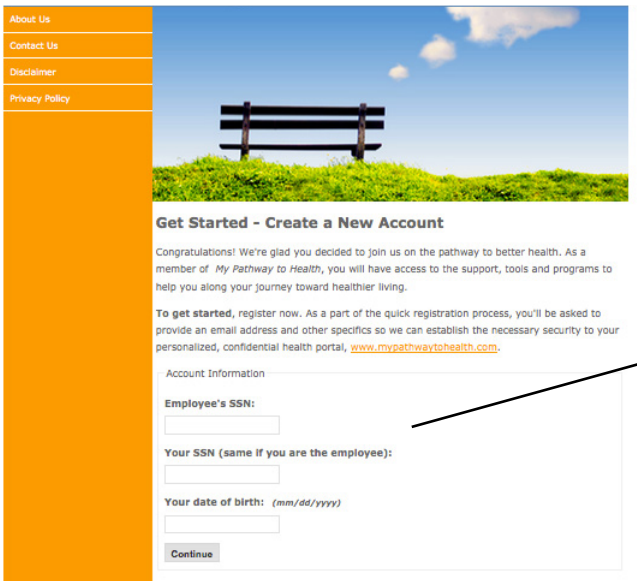
As a My Pathway to Health member, you will gain

- Tools and programs to help you better manage your health
- A personal health coach and a community to give you guidance and

Here's what you'll find at My Pathway to Health:

Tools
 Health risk assessments, fitness calculators and health records are some of the many tools My Pathway to Health members have available.

Knowledge
 Resources for members include health and wellness



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Get Started - Create a New Account

Congratulations! We're glad you decided to join us on the pathway to better health. As a member of My Pathway to Health, you will have access to the support, tools and programs to help you along your journey toward healthier living.

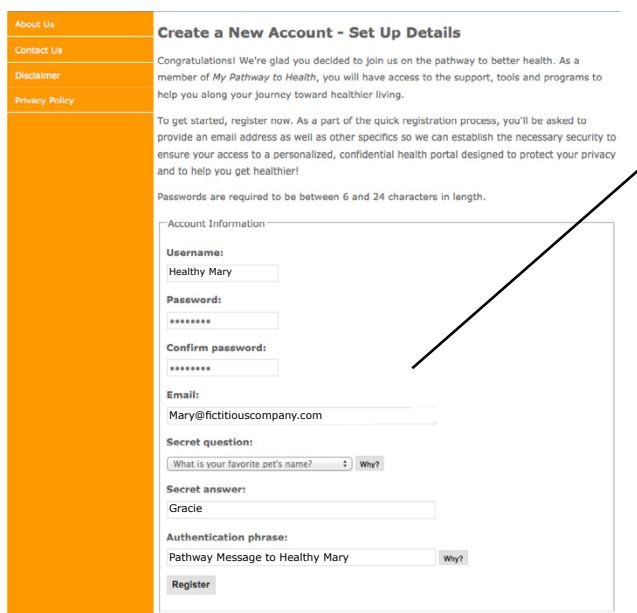
To get started, register now. As a part of the quick registration process, you'll be asked to provide an email address and other specifics so we can establish the necessary security to your personalized, confidential health portal, www.mypathwaytohealth.com.

Account Information

Employee's SSN:

Your SSN (same if you are the employee):

Your date of birth: (mm/dd/yyyy)



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Create a New Account - Set Up Details

Congratulations! We're glad you decided to join us on the pathway to better health. As a member of My Pathway to Health, you will have access to the support, tools and programs to help you along your journey toward healthier living.

To get started, register now. As a part of the quick registration process, you'll be asked to provide an email address as well as other specifics so we can establish the necessary security to ensure your access to a personalized, confidential health portal designed to protect your privacy and to help you get healthier!

Passwords are required to be between 6 and 24 characters in length.

Account Information

Username:
 Healthy Mary

Password:

Confirm password:

Email:
 Mary@fictitiouscompany.com

Secret question:
 Why?

Secret answer:
 Gracie

Authentication phrase:
 Pathway Message to Healthy Mary Why?

Registering and Taking your KYN Questionnaire

Start the process at www.MyPathwaytoHealth.com.

To register for the first time, click on the orange bar that says **'Start registration process!'**

You can register and take your Know Your Number questionnaire in either English or Spanish. To choose Spanish, go to the little menu bar in the top right corner (circled in blue here) and select the Spanish option.

If you have registered before, just click the **log in** button in the top right corner. **If you've forgotten your Username or Password? No problem!**

1. Navigate to www.mypathwaytohealth.com
2. Click LOG IN in the upper right corner
3. Click FORGOT USERNAME and enter your email address
4. Do the same if you forgot your password
5. Call 800-550-2427 if you have any problems

On the next page, enter your **Social Security Number** in the first box and the second box. In the third box, put your **date of birth**.

Then click on **Continue**.

On the next page, you create a **user name** and **password** and enter your **email address**.

For the **secret question** you can select from the question options in the drop-down menu.

The **authentication phrase** can be anything you want. It is used when your SHS Health Coach or the My Pathway system sends you a secure message. It lets you know it's really us.

Click on **Register**.

START NOW
on your journey to better health
balls food stores

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Welcome
[Contact Coach](#) | [Log Out](#)
Keep your information secure, please be sure to log out when finished!

Health Library Support News

MY PATHWAY Dashboard

Getting Started

KYN Questionnaire
KYN Questionnaire
My Action Plan
My Messages
My Health Trackers
My Food Journal
My Health Calculators
View KYN Risk Score
My Screening Results
My Fitness Applications
My Account
Decisions Dashboard

MY PATHWAY

Your Risk Score

Extremely High (>100)
High (81-100)
Borderline High (61-80)
Above Normal (41-60)
Normal (21-40)
Optimal (<=20)

127
Extremely High

Your Health Focus

These are the areas of your health that need attention. Click an image to see why ...

[Exercise](#) [Weight](#) [Nutrition](#)

Review your overall risk factor profile and how your lifestyle behaviors impact your current health on your Know Your Number Chronic Disease Risk Summary [Know Your Number® \(KYN\) Chronic Disease Risk Letter](#)

Healthgrades

When you come back to the site and log in, you'll arrive at your dashboard, personalized to you. It's a quick snapshot of all your activity and resources on one page.

Click on the **Getting Started** link in the green navigation bar.

It takes you to the page shown here explaining the steps to follow to participate in the program.

To take your Know Your Number® questionnaire, click on 'KYN Questionnaire' in the green navigation bar on the upper left side.

When you click on **Know Your Number Questionnaire** in the navigation bar, you will come to this page. You can click on the green box to start the KYN process. The questionnaire should take just a few minutes to complete.

The screening information will automatically be combined with your KYN answers later, to create your **KYN risk score and report**.

If you have any questions while completing the KYN, contact Orthus Health for help at **(800) 550-2427 ext. 4 – from 8 am to 5 pm Central Time, Monday – Friday**.

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Health Library Support News

MY PATHWAY Dashboard

Getting Started

KYN Questionnaire

My Action Plan
My Messages
My Health Trackers
My Food Journal
My Health Calculators
My Health Profile
My Screening Results
My Account
My Consent History
My Fitness Applications
Decisions Dashboard

Welcome...
Let's Down Your Path!
Let's see where you are in the enrollment process.

Welcome! Let's review where you are in the set-up process.

Now that you have registered and created your account here at the *My Pathway to Health* site, here are the next steps.

Step 1: Complete your Tobacco Use Statement and be Tobacco Free for 90 Days

You completed this step while you registered on mypathwaytohealth.com. You may update your status during the year by calling SHS at 800-550-2427.

Step 2: Complete your online Health Risk Assessment (HRA) and Assign a Primary Care Provider.

Click Here to take the HRA. You will be asked to include your Primary Care Provider in the HRA question responses.

Step 1
Complete your Tobacco Use Statement and be Tobacco Free for 90 Days
[What is this?](#)

↓

Step 2
Complete your online Health Risk Assessment (HRA) and Assign a Primary Care Provider.
[What is this?](#)

My Activity Scorecard
Healthgrades