

# Well•NS Member Website Guide



Log into the Well•NS Member Website to register for a coach, research medical or wellness topics, view videos, complete a health assessment or try out any of our interactive wellness tools. This site is managed by Lifesynch to ensure confidentiality of your activity and communications with your couch.

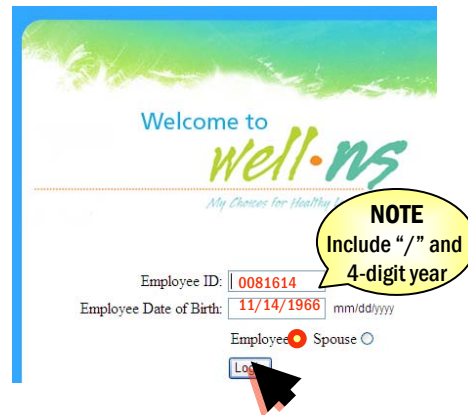
1.

- Go to [www.nscorp.com/wellns](http://www.nscorp.com/wellns)
- Click My Member Page Login button
- This takes you to a confidential vendor site



2.

- Enter Employee ID Number (7-digit number, not your RACIF ID)
- Enter employee's birthday. Be sure to follow the correct format of 00/00/0000
- Click employee or spouse



3.

- Click through the next pages



4.

- Welcome to the Well•NS member website



## RESOURCES AND TOOLS

Home

Back to Public Site

Wellness Just for Me

Health WellNS Library

Health and Wellness Centers

Tobacco Center

Weight Watchers

Try A Coach

Why Try a Coach?

Track Your Success

GetFit Virtual Trainer

Mood Calendar

Free Form Journal

Assess Your Health

Multimedia Tool

Forums

Resources and Tools  
Orientation

## WORKING WITH MY COACH

Home Goals From My Coach Communicate Try A Coach Help

**WORKING WITH MY COACH (green menu bar)** This bar becomes active once you request your personal wellness coach. The professionally certified coaches are employees of Lifesynch. All communications with your coach are kept confidential and not shared with Norfolk Southern.

### RESOURCES AND TOOLS (orange menu bar)

► **Home:** Receive daily wellness messages as well as communications from your coach

► **Wellness Just for Me:** Resources organized by wellness goals. Select a goal then complete a detailed, confidential assessment to receive highly individualized information, strategies and tools for success.

- **Balance** [Get Fit/Lose Weight] Balance what you eat, how active you are and your feelings about eating.
- **Breathe** [Quit Tobacco] Get your one-of-a-kind smoking cessation program created by healthcare professionals. Learn strategies to quit, reduce cravings, resist relapse, and feel healthier.
- **Nourish** [Eat Better] Make small but powerful changes to your everyday food choices.
- **Relax** [Manage Stress] Uncover the cause of your stressors and learn how to best deal with your stress.
- **Care for Your Back** [Back Care] Develops a back care program unique to you and your concerns.

► **Health WellNS Library**

- **Health and Wellness Centers:** Extensive source of health and prevention articles for every stage of life.
- **Tobacco Center:** Resources developed by health care professionals related to your tobacco habits.
- **Disease and Condition Centers:** Reports and articles on common chronic diseases and health conditions.
- **Disease and Condition Fact Sheets:** Concise evidence-based information.
- **Procedures and Tests:** information on screening, diagnostic, prevention and treatment procedures.
- **Natural and Alternative Healthcare Center:** Evidence-based information about natural treatments.
- **Medications:** Information about 1,136 adult and 524 pediatric drug. In partnership with Lexi-Comp.
- **Interactive Tools:** Videos, anatomy navigator, conditions navigator and self assessment tools.
- **Medical Dictionary:** Definitions of more than 55,000 medical terms.

► **Weight Watchers:** View special NS pricing for you and your spouse/partner on Weight Watchers programs.

► **Try a Coach:** Request a Lifesynch professional health coach. Your coach helps assess your level of health and well-being as well as set goals through a personalized action plan.

► **Track Your Success:** Log your exercise or food intake or customize to track individualized goals. If you are working with a coach, you can make your trackers accessible for your coach's perspective and feedback.

► **GetFit Virtual Trainer:** Creates a custom workout program based on your goals, availability and equipment.

► **Mood Calendar:** Track daily life events and the moods that may affect your health.

► **Free Form Journal:** Keep a diary of your activities and behavior changes or document activities you want to accomplish.

► **Assess Your Health:** More than 40 health assessments enable you to better manage your health and identify additional steps you can take to improve your overall health.

► **Multimedia Tool:** Watch videos on health related topics including cancer, diabetes, alternative medicine, and exercise.

► **Forums:** Allows you to interact with others with interest in similar topics or goals.