



# ENB Wellness Portal Guide 2025



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# HOW IT WORKS

## Introducing Your Wellness Program

What would you like to accomplish when it comes to your wellness goals? Your path to well-being is unique only to you. You may want to be more active, eat healthier, learn better financial habits, practice gratitude, recognize your purpose, or foster interpersonal relationships.

The Ephrata National Bank Wellness Program can help.

Employees are eligible to participate in our wellness program which includes a collection of holistic activities to help you form healthy habits. The Well at Work wellbeing platform is fully HIPAA compliant which means all personal health data you share with the system will never be shared with your organization.



## How It Works

Our wellness program, offered through WellSpan Health - Well at Work and powered by WellRight, can be managed online or via mobile app. It consists of a health assessment, company & personal challenges, and incentives.

You can track your progress and accumulate points for completing a challenge or activity. Points may be used to earn an incentive or a variety of awards.

## Challenge Examples

Curious about the types of challenges available? Below are just a few examples of the over 100+ activities WellRight has to offer to improve your well-being.



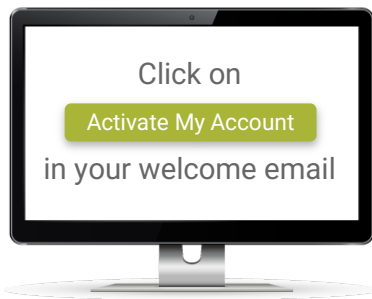
# GETTING STARTED

## Wellness Program Overview

The wellness program offers fun and exciting ways to get healthy with a wide variety of activities to help you achieve your wellness goals. Simply complete the steps outlined below to be eligible for rewards.

STEP  
1

### Register To Activate Your Account



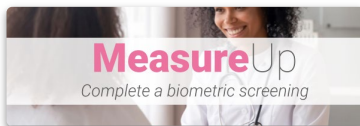
OR



STEP  
2

### Participate In Activities To Earn Points

*100+ Challenges to choose from*



*Required*



*Optional*



*Optional*





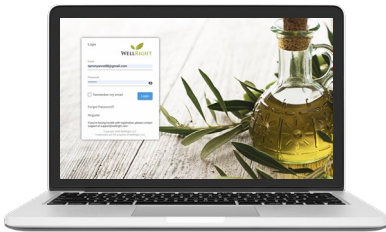
# REGISTRATION GUIDE

## Activate Your Account

To set up your account, click the Activate My Account button in the email from [noreply-wellness@wellspan.org](mailto:noreply-wellness@wellspan.org) with the subject line, ENB Wellness Program Registration–Sponsored by Ephrata National Bank. Activation emails are valid for 30 days.

If you lose the email or need to register after 30 days, you can follow the steps below.

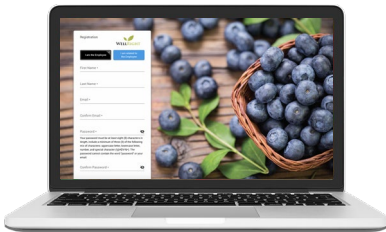
STEP  
1



### Go to [enb.wellright.com](http://enb.wellright.com)

- *Note: This is only if you did not register via the activation email*

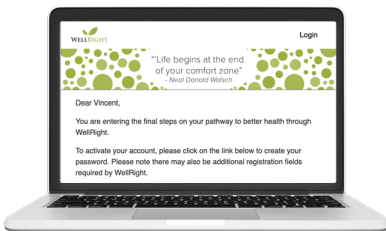
STEP  
2



### Registration

- Click Register
- Complete the registration form (using your legal name with your company)

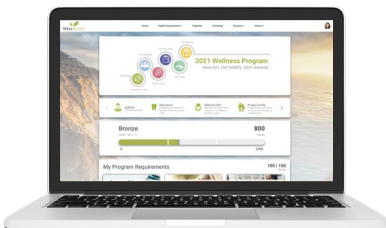
STEP  
3



### Check Your Email

- Click the link sent to your email to verify your email address

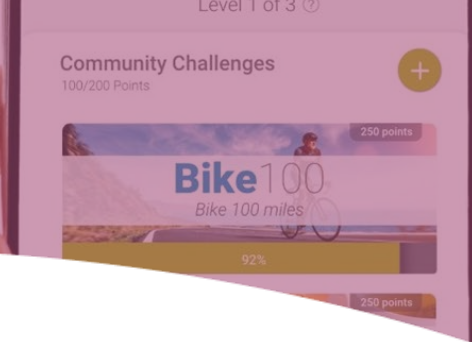
STEP  
4



### Get Started

- Bookmark the URL and login to start participating

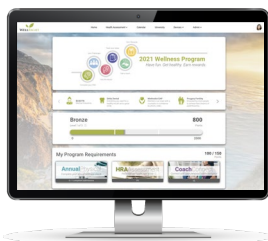
# ACCOUNT SETUP



## Complete Your Account Setup

After registration, complete the steps below to setup your account and sign up for challenges. Track your progress through the website, mobile app, fitness devices, and text tracking.

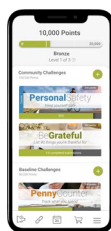
STEP  
1



### Web

- 1 Log in to view available challenges
- 2 Hover over a challenge and click the "i" icon to learn more
- 3 Track for a challenge by hovering over it, clicking "Track"

STEP  
2



### Mobile App

- 1 Download the WellRight app in the Apple or Google Play store
- 2 Click on existing challenge tiles or click on the "+" icon to add a personal challenge.
- 3 Track for a challenge by tapping on it and clicking on "Track"

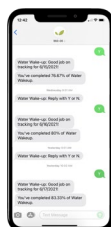
STEP  
3



### Device Setup

- 1 On the home page, go to the Device Menu
- 2 Select your device
- 3 Sign in to grant access
- 4 The platform can automatically track progress for you

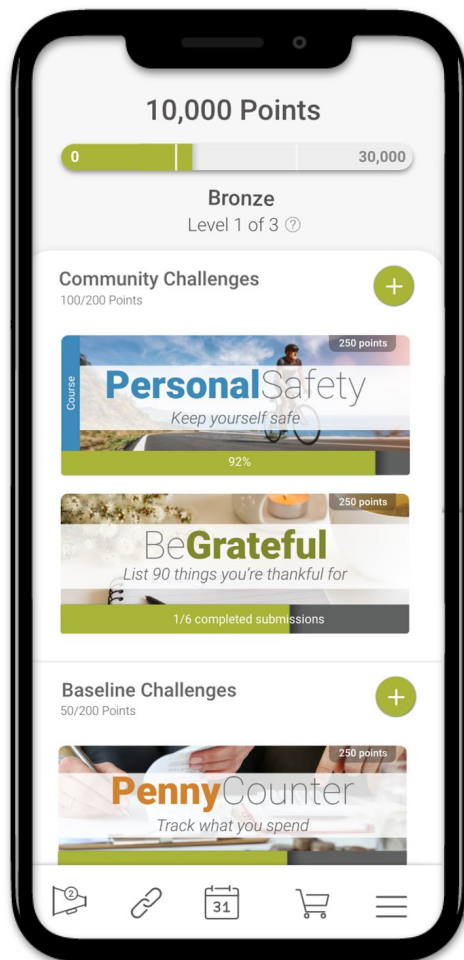
STEP  
4



### Text Reminders

- 1 Add your mobile number to your user profile
- 2 Hover over a challenge and click "i" to set your text reminders
- 3 Reply to the text to track your progress

# PLATFORM MOBILE APP



Your wellness journey, your way.  
Even when you're on-the-go.

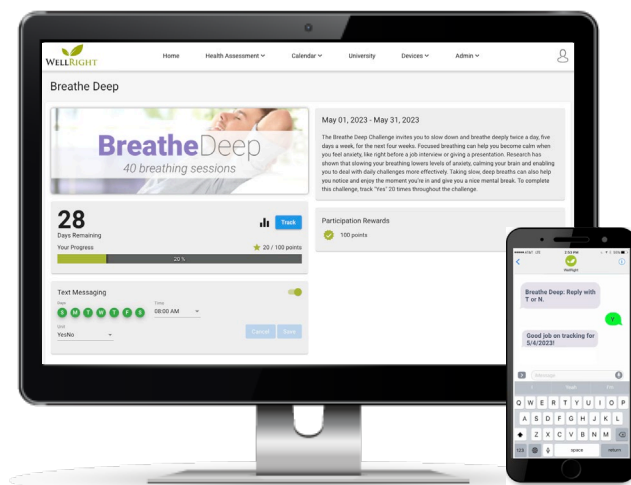
## Download the Mobile App

- 1 Search for the WellRight App in the iOS App Store or Google Play Store.
- 2 Log in with the same email and password you use on the web.

Access all of the platform features no matter where you are.

- ✓ Complete the health assessment
- ✓ Join a challenge
- ✓ Set up text tracking
- ✓ Sync a fitness device
- ✓ Track your progress
- ✓ Complete a University Course
- ✓ Add a personal challenge
- ✓ Review your Summary Report

# TEXT TRACKING



## Register your mobile number



Log in on the web and click on your name



Enter your mobile number and click save



Respond "Yes" to the verification text message

## Update your text notification schedule



Hover over the challenge tile



Select information icon



Customize your text reminders



Click save

\* To do so click on the Homepage, hover over the challenge you want to modify, then click on the information ("i") icon.

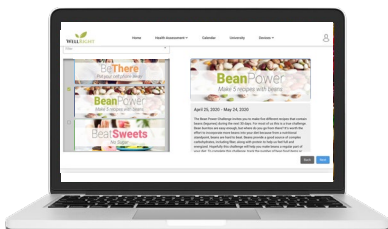
## Tips and Tricks for Text Tracking

- ✓ **Skip:** Reply "SKIP" to skip a specific challenge's text reminder.
- ✓ **Stop:** Reply "STOP" to turn off text messaging. Users can turn them back on in the user profile settings.
- ✓ **Ignore 3 texts in a row:** By not responding to 3 text reminder prompts in a row, text reminders will automatically be turned off.
- ✓ **Help:** Reply "HELP" to be directed to Well at Work Support.



# PEER-TO-PEER CHALLENGES

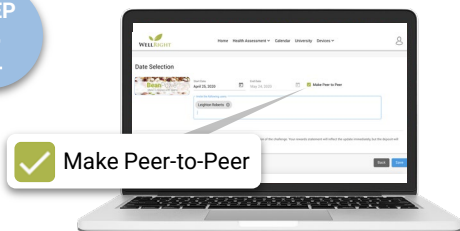
STEP  
1



## Pick your Challenge

To sign up for a peer-to-peer challenge, start by selecting a personal challenge at the bottom of the homepage.

STEP  
2



## Invite Participants

Check the box to make it peer-to-peer, then invite any active participant(s) to compete. Pending challenges are indicated with an "Invite" flag in the top left corner.

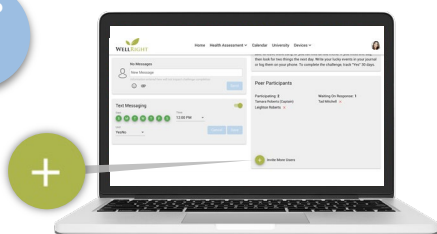
STEP  
3



## Accept Invitations

Invited participants can accept or decline invitations via email or on the homepage. Once the challenge has been accepted, the flag will change to "Peer" for the invitee.

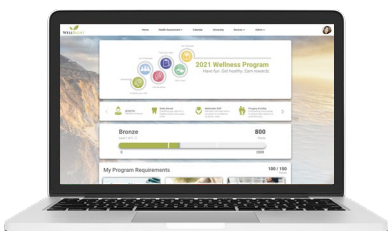
STEP  
4



## Additional Invitations

The initiator of the challenge can invite new peers at any point during the challenge.

STEP  
5

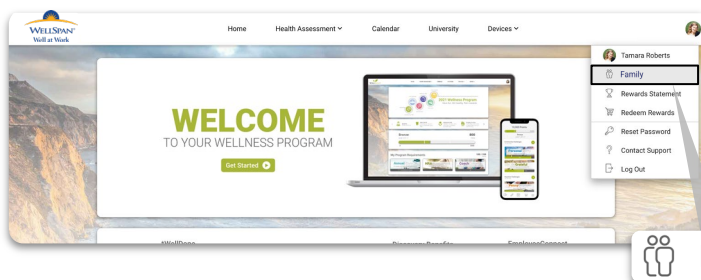


## Points Awarded

Points are awarded to all participants like any other personal challenge *(if applicable in your program)*.

# INVITE FAMILY MEMBERS

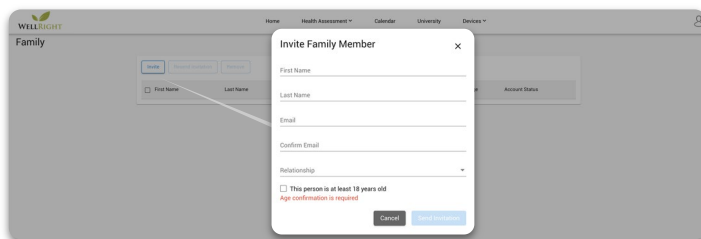
STEP  
1



## Profile & Select 'Family'

Hover over your profile icon on the top right of your screen and select 'Family' from the drop down menu.

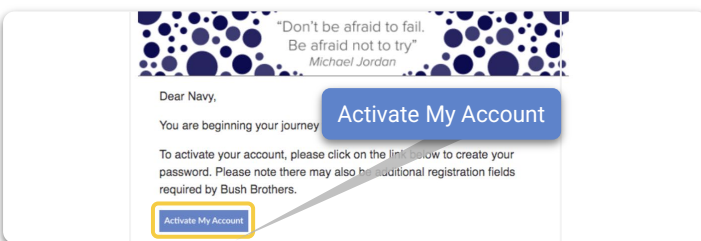
STEP  
2



## Complete Information

Click 'Invite' and complete the information fields listed.

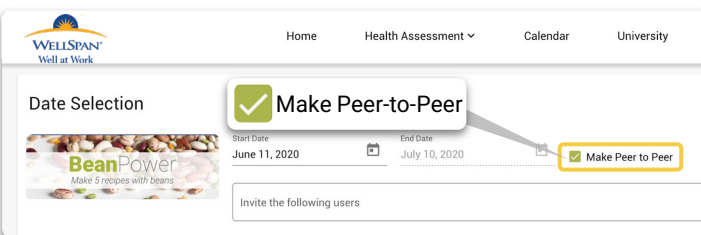
STEP  
3



## Finalize Registration

Your family member will receive an email with instructions to complete their registration.

STEP  
4



## Encourage Each Other

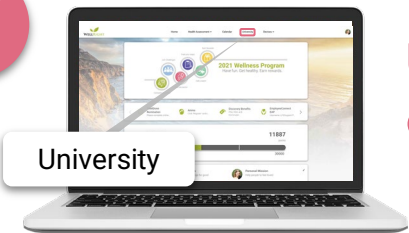
Encourage participation in challenges. One way is to create Peer to Peer personal challenges.

# WELLBEING UNIVERSITY

## Learning at your fingertips

Expand your knowledge by exploring over 250 courses on a wide range of topics in every dimension of wellness, from mental health to preventive care and beyond. Available on the web or your mobile device, these short learnings give you the flexibility to learn at your own pace.

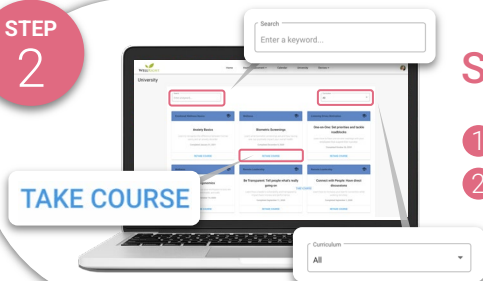
STEP  
1



### University courses

- 1 Click on the University tab in the top navigation bar.

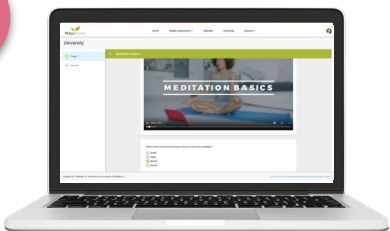
STEP  
2



### Select the course

- 1 Search by keyword or by curriculum category.
- 2 When you see the name of the course you want, click on the "Take Course" button.

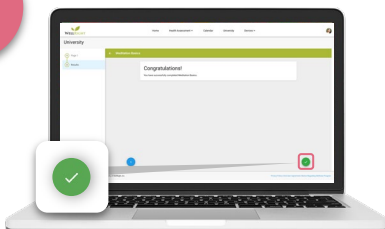
STEP  
3



### Take the course

- 1 Watch the course video.
- 2 Answer the questions to test your learning.

STEP  
4



### Congratulations

- 1 After you answer the course questions, submit your answers.
- 2 Once you've completed the course with a 70% or higher, click on the green circle with a check mark to return to the home page and select another course.

# HEALTH PROFILE

## Personalized Health Profile

Your Health Profile compiles your health assessment responses and biometric screening results (if applicable). To view your Health Profile on the web, click on the Personal Health Assessment drop-down menu. To view on the app, click on the heart icon.

### 1 Health Measurements

See how you measure up in your areas of Strengths, Habits, Biometrics, and Health Conditions.

### 2 Personalized Suggestions

Click on any row to see personalized wellness information.

The screenshot shows the 'Strengths' tab selected. Below the tabs, a table lists various wellness areas with corresponding colored dots. A red line connects the 'Financial' row to a detailed view on the right. This view includes an 'Overview' section with text about financial stress and a 'Recommendations' section with a bullet point about procrastination. At the top right of this detailed view are icons for adding challenges (+) and courses (graduation cap).

| Level | Strengths    |
|-------|--------------|
| ●     | Financial    |
| ●     | Occupational |
| ●     | Social       |
| ●     | Emotional    |
| ●     | Physical     |
| ●     | Purpose      |

**Financial**

**Overview**

Finances can be a huge source of stress if they are not managed well—and stress isn't good for anyone. If managing your finances isn't your thing, get some help from a friend, family member, or volunteer group. Good financial management skills are like any other skill, they can be learned. Once learned, they can drastically improve the quality of your happiness, your financial wellness, and your life.

**Recommendations**

- Wait. Most of the time, procrastination is a bad thing. But when it comes to managing money, waiting before making purchases can be a great tool to keep your spending under control. Take time to figure out which purchases are truly necessary, especially for expenditures that would require you to go into debt.

### 3 Color Coding

- **Red:** High Risk area of your wellness that should receive attention.
- **Yellow:** Moderate Risk area of your wellness that needs improvement.
- **Green:** Low Risk area of your wellness. Keep doing what you're doing!

### 4 Overview & Recommendations

Get a quick overview of each area of wellness and how it affects your overall health by using the recommendations to build healthy habits.

### 5 Filtered Personal Challenges & Courses

Click the or icon to add a personal challenge or take a university course on the selected health topic.