

## Recording class attendance for wellness points

Record your class attendance and receive 300 wellness points, up to five times per program year.

### To record attendance:

- Log in to Live Well. Access Live Well through your [umr.com](https://umr.com) account. You will need to register your account the first time. Your UMR member ID and group number is needed for registration. Once logged in, select the Live Well tile at the bottom of the page, then "Get started" on the following page. You will now be in your Live Well account.
- From the middle column, navigate to the Log your activities and events section. Use the ▲ or ▼ buttons to expand or collapse the section.
- Scroll through the available activities and events and find HealthWorks class.
- Select Record.
- Enter the name of the class, date you attended, and check that you've met the requirements.
- Hit Record.
- Wellness points will be awarded upon recording and will appear in the Rewards section.

