WELCOME TO BRANDEIS UNIVERSITY’S MOMENTUM+ HEALTHY YOU WELLNESS PROGRAM.

READY TO GET STARTED?

TUFTS HEALTH PLAN MEMBERS:
Make the most of your health care coverage and get instant access to your secure online account. All you’ll need is a few minutes, your Tufts Health Plan member ID card and your personal email address to create an account.

1. Go to mytuftshealthplan.com
2. To register for a new account, click ‘Register here’
3. Enter your Tufts Health Plan Member ID number and Date of Birth and click Continue
4. Verify your identity and create your account
5. Once you have created your account, log in to access your secure member portal
6. Click ‘Start Living a Healthy Lifestyle’ under Explore Health and Wellness Resources. This will take you to your Momentum+ home page!

NON-TUFTS HEALTH PLAN MEMBERS:
You can still take your Wellbeing Assessment (WBA) and participate in Momentum+ and earn credit if you are not a Tufts Health Plan Member. Here’s how to get started:

1. Go to tuftshealthplanwellness.com
2. If you have previously registered, enter your username and password.
3. If you are a first-time user select ‘Sign Up’ in upper right hand corner:
   + In the drop down menu next to ‘I am registering’, select ‘with a Keycode’ and click continue
   + Enter your keycode: THPBU17
   + Click ‘Continue’ and complete registration
Whether you want to lose weight, eat better, stress less, or just live healthier, Momentum+ will help you get there. The program features activities to help you get and stay healthier:

- Wellbeing Assessment (WBA)
- Wellness Challenges
- Virtual Coaching
- Lifestyle Coaching
- And more!
Once logged in to your personalized homepage, locate the tile that says “Wellbeing Assessment.”

On the Wellbeing Assessment tile, click “Get Started.”

Your WBA will begin. It will take approximately 15-20 minutes to complete.

If you have any questions about taking your WBA, please call 866.201.7919, option 7, and we’ll be happy to help.

Track your progress to stay on top of your healthy habits!
You now have more tools than ever to track your progress, achieve your goals, and earn your credits and rewards. Go to mytuftshealthplan.com today to get started!

• Join a challenge and develop healthier habits! Keep track of and enter your points to earn credits.

• Click on Rewards Credits to view all the activities you can complete to earn credits.

You now have more tools than ever to track your progress, achieve your goals, and earn your credits and rewards. Go to mytuftshealthplan.com today to get started!