

LIVSMART Online Portal

Review the steps below for registering and using your LIVSMART Portal.

- To access the portal, go to livesmartoni.com/livesmart-portal. Click the LIVSMART Portal Button. This takes you to your login and initial registration page. Click the blue "start" button.



Welcome to the LIVSMART Health and Wellness Program

We are proud to offer a comprehensive wellness solution.

- To register, enter your username into the username field and select "LIVSMARTONI" as your company. Then click "next".
 - Employee Username: your first name_last name_birth year (YYYY format)
 - Spouse Username: the employee's first name_last name_birth year (YYYY format) - S

Employees: Your username is your first name_last name_birth year (YYYY format)
Spouses: Your username is the employee's first name_last name_birth year (YYYY format) - S

Questions? Contact LIVSMART at (888) 501-1252 or (205) 599-8340.



Get the Free Wellness App



Find out How This Works

✓ Username

[Forgot Password?](#) | [Forgot Username?](#)

Company




Verification Code

[Didn't receive the email? Click here to send a new verification code.](#)

[Start Over](#)

[Verify](#)

- You will be sent an email that contains a verification code. Click on the link in the email. Enter the verification code into the indicated box and click next. You will then be prompted to set up your account log in information. After you are finished, click register. If you do not have an email address on file, you will verify additional information and be able to complete the registration process from there.

 Get the Free Wellness App
  Find out How This Works
  Check out the Privacy Policy

Not Not Live Smart? Try again? Search again.

✓ Username

In the future, you will login with this username. This can be your email address.

✓ Email

✓ Confirm Email

Mobile Phone Number

Entering a phone number will allow you to receive text messages. By providing your phone number, you agree to receive messages related to your WellSteps account. [Privacy Policy](#)

Password

Your password must be at least 8 characters.


Confirm Password

Password Hint

Enter a password hint

- You may be prompted to complete a Personal Health Assessment (PHA). This resets each year to allow you to check in with your current health habits. Click “start” to complete all questions or click “alternate questions” to complete the PHA at a later time.

LIVSMARTONI



Assessment & Screening

ANSWERED: 0/36
Status: IN PROCESS

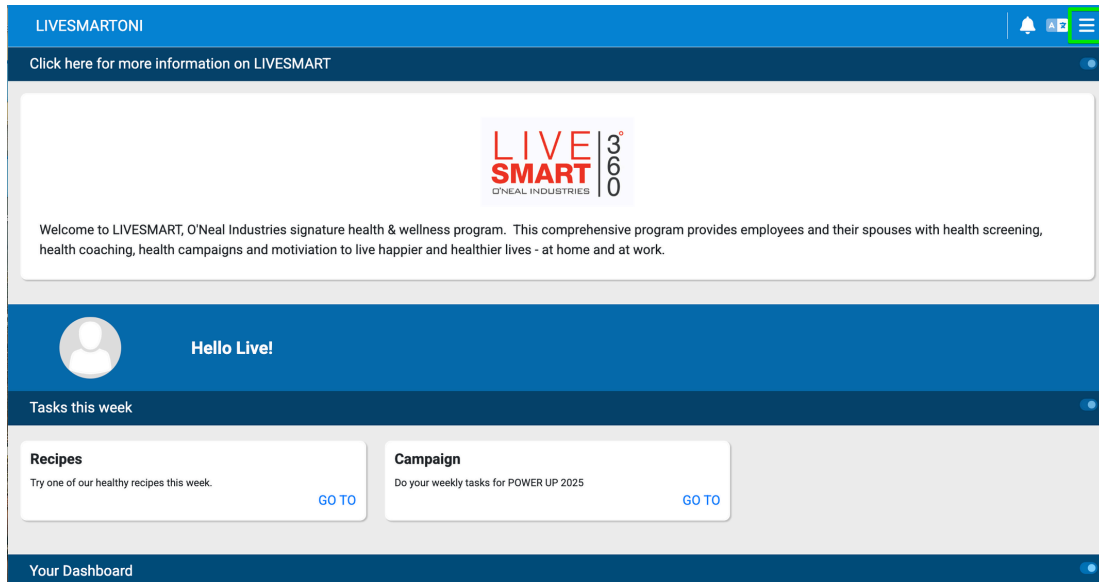
As you complete this Personal Health Assessment (PHA):

- You will be asked questions about your habits, emotions, healthcare use, and health risks such as blood pressure, cholesterol, and glucose;
- Your answers will result in feedback for you. The answers provided by you and your co-workers will be combined to help us plan details of the wellness program. However, you will never be identifiable;
- Your answers will never be shared with your employer;
- If you give us permission, we may share your answers with a health coach or other health professional who shares the goal of helping you improve your health; and
- We comply with federal privacy and security protocol designed to protect your data.

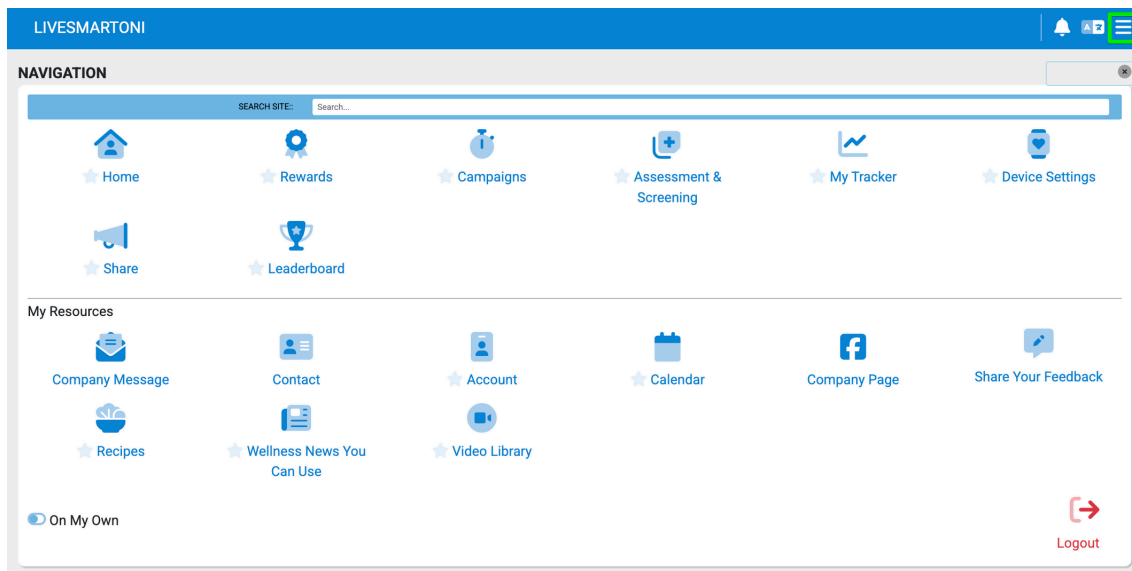
The PHA will take about 5 minutes to complete. Your feedback will be available immediately and you will receive recommendations on health actions you can take right away. If you don't want any recommendations, that's fine. You can click below and instead answer a couple of basic questions to get started.

[Our privacy policy](#)

- Your dashboard in the portal will be displayed. Click the three line icon in the top, right corner to view other menu options.



- At the top you will see four graphics: **Rewards**, **Campaigns**, **Assessment and Screening** and **My Tracker**.



- The **Rewards Page** lists the activities to be completed based on your club status such as your annual screening, coaching and campaigns. You will be able to see the activities you have completed and which items are still pending. You can also submit campaign information and fitness reimbursement applications on this page by clicking the checkbox and uploading your document.

Rewards
My Level: No Level Yet (0 Total Points)
POINTS NEEDED FOR NEXT LEVEL: 0

Activities Pending History

March 2025 (0)

Annual Health Screening & Coaching Points:0

<input type="checkbox"/>	I completed an Annual Health Screening.	25 Incomplete
<input type="checkbox"/>	I completed an Annual Health Coaching session following my Health Screening	25 Incomplete
<input type="checkbox"/>	I am Tobacco Free (to be verified by LIVESMART).	0

Bronze Club Points:0

<input type="checkbox"/>	Bronze Club: Follow-Up Session #1 Completed.	0
<input type="checkbox"/>	Bronze Club: Follow-up Coaching #2 Completed	0

- The **Campaign Page** will show current campaigns and challenges. You may complete the current campaigns on this page instead of completing a paper tracker.

Campaigns
POWER UP 2025

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Evaluation

Weekly Tasks

STEP 1

POWER UP

Week 1: Fuel Your Body for Natural Energy

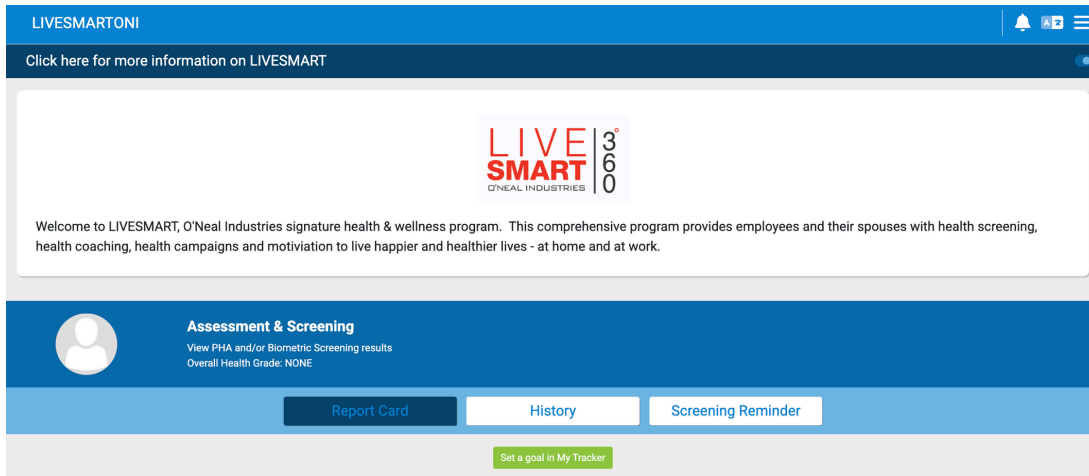
Complete four (4) activities this week and check the corresponding boxes. Complete the prompt at the end of the week of one thing you would like to continue as you move forward through the campaign.

STEP 2

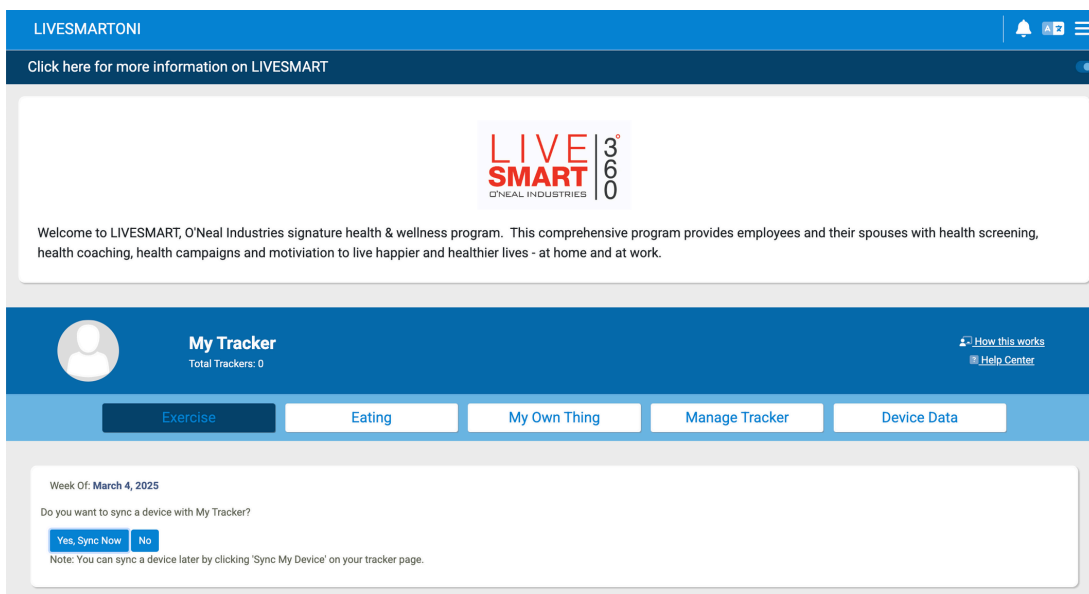
1 Week 1: Fuel Your Body For Natural Energy

- Eat your last meal of the day at least 2 hours before bedtime.
- Replace sugary snacks with nuts, fruit, or cheese today.
- Aim for half your body weight in ounces of water today (i.e. 200 lbs = 100 oz of water).
- Eat smaller portions every 3-4 hours today.

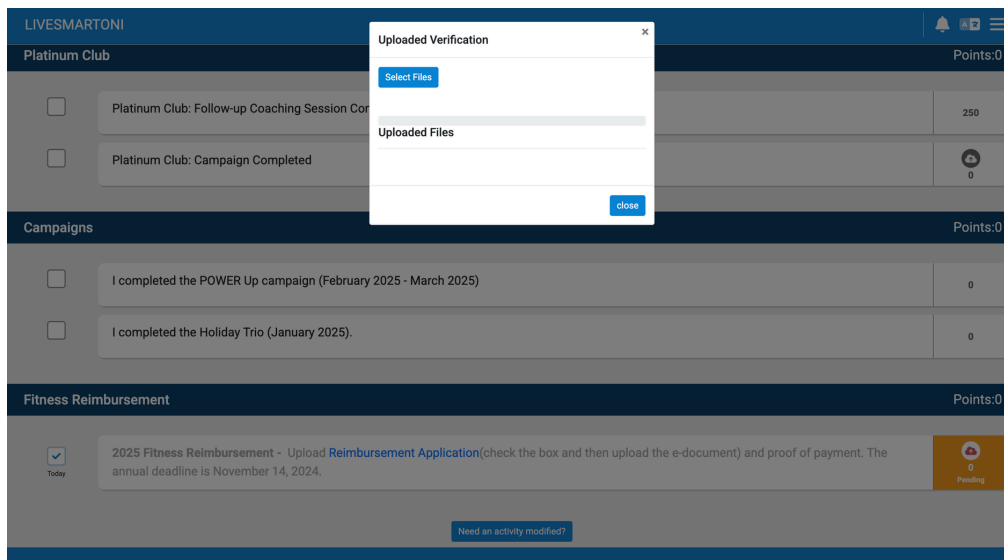
- The **Assessment and Screening Page** shows your health report card based on your Personal Health Assessment questionnaire results. You can also review your LIVESMART biometric results here.



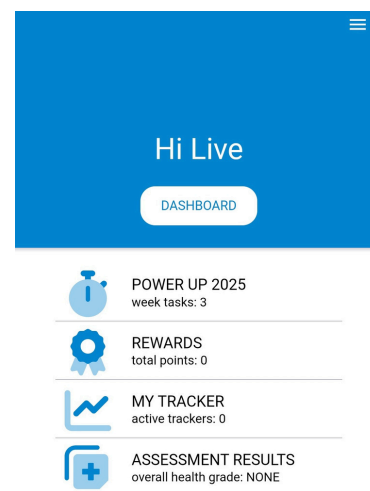
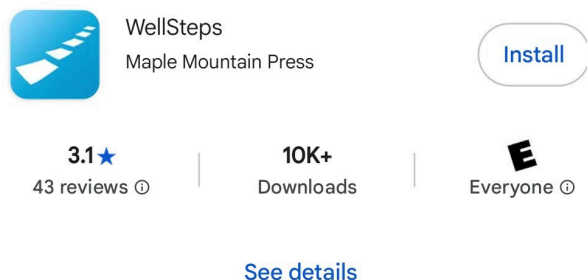
- The **My Tracker Page** is a place to track exercise, food intake, or other health metrics. You can sync a device like a Fitbit, Garmin, or Apple Health device to automatically track your activity.



- **Fitness Reimbursement Submission** – to submit your fitness reimbursement application, follow the steps below:
 - Visit the rewards page in your portal.
 - Scroll down to the bottom and check the Fitness Reimbursement
 - Upload your application and proof of payment into the portal and click the submit button.



- You may also access your LIVESMART Portal on your mobile device by visiting your APP store and downloading the “WellSteps App”. Once downloaded and opened, it will prompt you to enter the username and password you created on the website. Note – you must register for the portal on a computer before accessing your account through the app.



Troubleshooting Tips

- **Not getting your verification email?**
 - We might not have your preferred email address connected to your account. Reach out to connect@livesmartoni.com for assistance.
- **Registered in the past, but having trouble logging in?**
 - You might have changed your username to be different than the one we originally created for you when you first registered. Try using your email address or click “forgot username” to reset.
- **Registered in the past and wondering why you have to re-register?**
 - You will be unregistered if you have not been active in your account for more than 3 months. If this occurs, please complete the steps to register and log back in. This will not cause a loss of data or information in your account.

**For additional questions or for more information about your portal, please contact
LIVESMART: connect@livesmartoni.com | 888-501-1252.**