

BUILD YOUR BEST SELF

Become the architect of your well-being with **Raleigh Wellness**.

Lay the foundation for lasting well-being with **Raleigh Wellness**, powered by WebMD ONE. Find tools that can help you create a step-by-step blueprint for better sleep, stronger connections and more sustainable healthy habits—no matter your goals.

Create a custom well-being plan

- **Lay the groundwork** – The Health Risk Assessment recommends tools, personalizes your homepage and provides a health report.
- **Track your progress** – Use the Daily Habits tool for day-to-day support with a wide range of goals, such as: staying socially connected or managing a chronic condition.
- **Challenge yourself** – Complete wellness challenges to help you establish new health habits.
- **Know your numbers** – Receive important biometric data related to your health status.
- **Earn rewards** – Reap the benefits of working toward well-being. The WebMD One portal will offer access to medical premium discounts as part of the Annual Wellness Assessment.

What information do I need to register?

Employee ID Instructions

You will need your employee ID. To locate your employee ID, please visit corecon.raleighnc.gov and log into PeopleSoft and select “Job Details.” Your employee ID is also found on pay stubs. If additional assistance is needed, please call Human Resources at **919-996-3315**.

Spouse ID Instructions

To create your registration ID, use the employee ID + your date of birth + your full first name. Example: If the employee ID is 012345, your birth date is 09/01/1985 and your full first name is Joseph, your registration ID would be: 01234509011985Joseph.

webmdhealth.com/raleigh



Download our app

1. Visit the Apple App Store or the Google Play Store and search “Wellness At Your Side.”
2. Download the app and enter your connection code: **Raleigh**
3. Register and personalize your experience by answering a few questions.

