Cerner Wellness Challenges: Signing Up

1. Go to [www.coxhealth.com](http://www.coxhealth.com) and select the “CoxHealth Express” link on the right side of the page.
2. If you are a New User to CoxHealth Express, click the “Create Account” button on the next page.
   - If you already have an Express account, use that login and password. You do not need to create a second account
3. Complete the required fields, enter your e-mail address, and a Unique Username and Password you will remember.
4. You will receive an e-mail with a link to answer follow up security questions. This verification step ensures you and no one else is claiming your account.
5. Once you receive the confirmation e-mail, follow the link inside to confirm your account, and enter your Username login and password you just created.
6. Fill out security questions
7. For additional help call 1-866-260-2667
8. Inside CoxHealth Express, click the link on the right side of the page to access the “Connect to your Corporate Wellness Program”.
   - You will be prompted to enter your location name or company name: Drury University
   - You will then be prompted to enter a password: Panthers
9. You will need to update your profile (this is a first time use requirement), with age, weight, activity level.
10. Read and Accept the Terms of Use by clicking the ‘I Agree’
11. From your Dashboard, select the challenge(s) you wish to participate in.
12. After you’ve selected your challenge(s) and signed up, you’ll just need to know where to log your steps, cardio, and strength training.

By selecting the correct log, you’ll be directed to a page where you can input the date and the number of steps or minutes of cardiovascular exercise or strength training.