

Wellness Portal User Guide



Welcome!

You're going to find that the Sonic Boom program is super-easy to use. But, to get you started, here's a quick overview with a few fun pointers...

To log in:

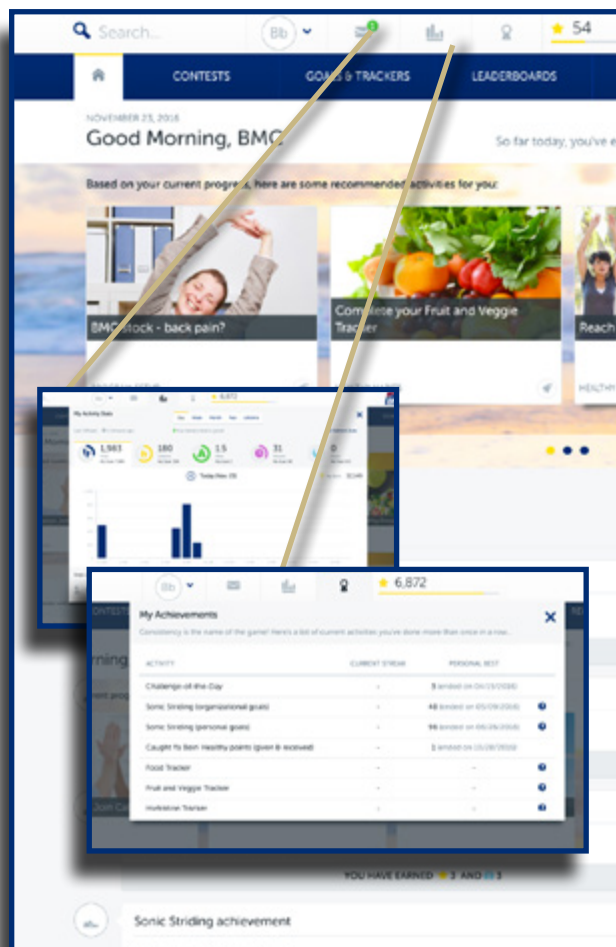
- Go to **app.sbwel.com** (or the custom URL provided by your employer)
- Click **New User** and follow the prompts

Note: If you've already created a username and password, you should log in as an **Existing Member**

Once you've successfully logged in for the first time, you'll be prompted with a quick-and-easy tutorial wizard. Follow along to learn about some of the key tools and resources on our site ... and then it's time to dive in and get Boomin'! For starters, here's a brief overview of the main navigational functions...

The Global Header

Sonic Boom features a series of dashboards, each containing a specific set of wellness tools for improving and tracking your daily health habits. No matter which dashboard you're currently using, your Global Header will always remain the same – with all of the most important stuff a single click away!



Super-search tool. If you want to find someone to interact with, this search bar is your best friend. Enter a name to find and connect with a coworker... Catch 'em Bein' Healthy... or invite them to a challenge!

My Profile. Here's where you can personalize your preferences, edit your profile, and manage your devices.

Notifications. These are all of your alerts – which can come directly from your BMC or your local Health Builder. This is also where you'll look to see if you have any outstanding invitations.

My Activity Stats. See your validated steps, time, distance, and calories ... at-a-glance at any time!

My Achievements. Track your Streaks, which are activities you do with daily consistency.

Engagement Score. Boost your Score by engaging in healthy activities every day, and earn new virtual badges!

THE DASHBOARDS

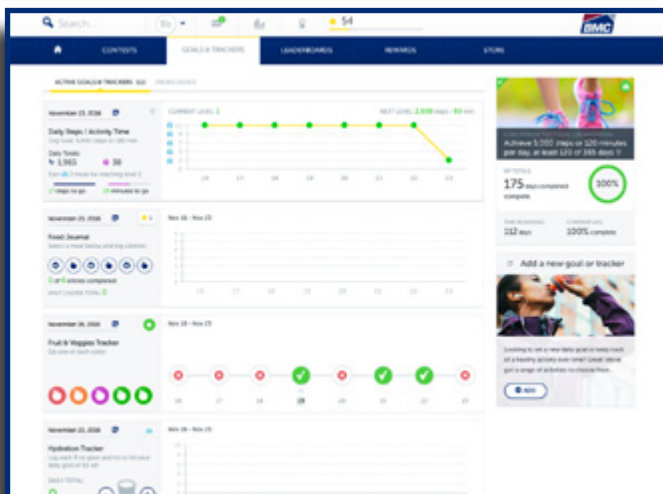
Each Sonic Boom dash contains a specific set of tools, activities, challenges, and other helpful resources for engaging in healthy behaviors on a consistent basis – sometimes on your own, and sometimes together with your peers! Here's a quick overview of what each dash contains...



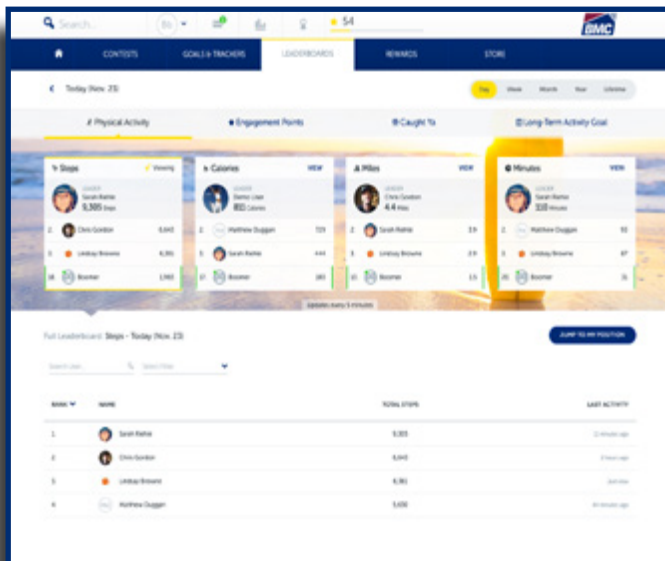
HOME – This is all about YOU – your daily points, your recommendations, your feed – plus the Challenge-of-the-Day and Caught Ya Bein' Healthy tools.



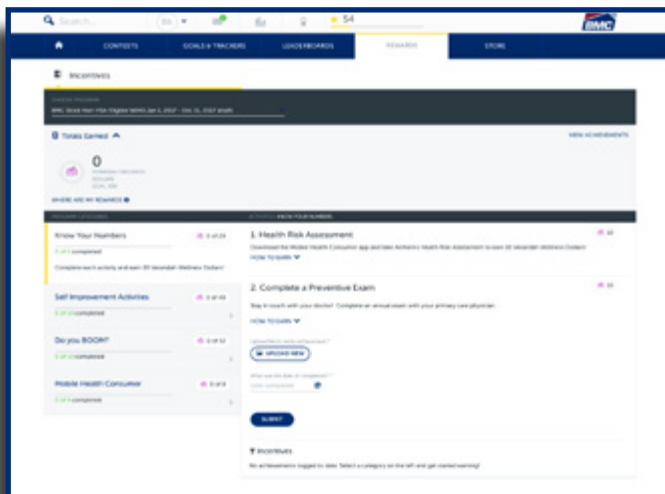
CONTESTS – Select contests to join, start your own challenges, log your activity, and track your status!



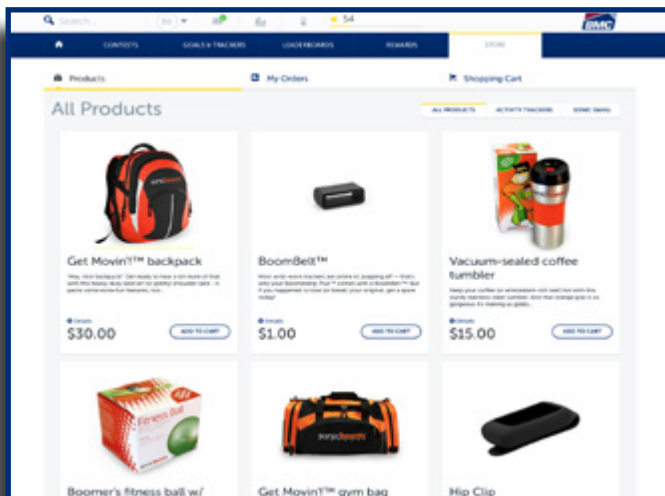
GOALS & TRACKERS – View progress toward the goals set by your employer, and select additional goals or trackers to **+ADD** to your profile. Stick with 'em to watch your Streaks pile up!



LEADERBOARDS – Monitor your progress compared to your peers, check out your competition, and work to improve your rankings!



REWARDS – See your various wellness goals and track your progress toward earning the corresponding rewards, all in one spot!



STORE – Your go-to dashboard for purchasing activity-tracking devices, accessories for those devices, Sonic Swag, and even subscriptions for your dependents!