

My Wellness FAQs

qualify for an opportunity to earn the same reward by different means, or to have the requirement waived with a provider's signature.

How do I enter my steps into the My Wellness portal?

To manually enter daily steps:

1. Click on the 'Rewards' tile on the homepage of your portal.
2. Click on this activity and select the day you wish to log your activity within the 'Log Date' navigate bar. Select the '8,000 Steps or More' option and click 'Save'.

To sync a compatible fitness device for automatic uploads:

1. In the 'Rewards' page on mymarqueehealth.com, click the 'Profile' button in the Challenge Log toolbar.
2. Click the Sync Device button in the My Progress tab.