

Welcome to Creating Wellness!

We are excited to have you join our growing number of Creating Wellness members.

This letter will guide you through the registration and log-in process to create your account on the “**MycreatingwellnessSpace**” web site. This site has been uniquely designed to meet your wellness needs and goals.

Follow these 7 simple steps to create your private password and begin your journey into Creating Wellness.

- Step 1 Go to www.MyCreatingWellness.com
- Step 2 Click on “**Creating Wellness**” located in the upper right hand section of the web site.
- Step 3 Click on “**Redeem Your Life**”
- Step 4 Click on “**Create Account**”
- Step 5 Type in your information and Access Code - **52720272**
- Step 6 Create **your own** user name and password.
- Step 7 You’ll receive a notification email asking you to activate your account, please click on this link. *(If you do not have a valid email address your Creating Wellness coach can assist in activating your account.)*
- Step 8 a. After activation, the **CW Profile** will come up. Fill out this short 12 question profile (this will give you access to the CW meal plan for 7 days)

 b. Go up to the tool bar and click on **LIFESTYLE QUESTIONNAIRE** (be sure to SUBMIT when done)

IMPORTANT! IF you have problems logging in PLEASE, **DO NOT** create another account. If there are any questions, please do not hesitate to call and speak with us to assist you, (914)709-0199.

In Wellness,
Dr. Peter Sayegh