WELLNESS

Use the QR code below to access your wellness portal. You may also type cityofportland.wellnessworkdays.com into your browser



To Log on:

Returning Users:

- 1. Visit
 - cityofportland.wellnessworkdays.com
- 2. Enter **cityofportland** (one word, no spaces) in the Company field
- 3. Enter your Member ID, which is your **5-digit** employee ID number
- 4. Enter your password, then log in!

New Users:

- 1. Visit cityofportland.wellnessworkdays.com
- Scroll down to NEW USERS and click REGISTER, then click ACCEPT at the bottom of the privacy notices
- 3. Enter **cityofportland** (one word, no spaces) in the Company field
- 4. Enter your Member ID (your **5-digit employee ID number)**
- 5. Enter your date of birth and preferred email
- 6.Click **REGISTER**
- 7. Create a password, then log in!



For portal and technical questions contact support@wellnessworkdays.com

