

Completing Your Online Personal Wellness Assessment

Thank you for choosing to participate in the Central to Your Health Personal Wellness Screening Event! Here are some tips to help you register for the Pinnacle Training Systems Wellness Portal.

The wellness portal will allow you to create a confidential account where you will be able to access and view your results once the screening data has been entered. The portal is a recordkeeping system that allows you to access your results online at any given time to print your record for your physician or for your personal records.

Steps to Complete the Personal Wellness Assessment

- 1) Visit www.wellnessiqsystems.com to complete your wellness assessment.
 - If you **already have an account** with Pinnacle Training Systems, then simply log in with your username and password.
- 2) If you **do not have an account** with Pinnacle Training Systems, please follow the instructions outlined below:
 - Click "Register" and complete the account registration
 - Client Code is: **CUSD** (*This code is not case sensitive*)
 - Username: All Letters
 - Password: minimum of 6 characters, minimum of 1 uppercase letter, minimum of 1 number
 - When registering for your account, please be sure to use an email address that you can easily access. A confirmation to the wellness portal will be sent to that email address.
 - Complete the registration process and hit "Register" on bottom right.
 - Log-in to your personal email account to confirm your account has been created.
 - Login using the username and password you created.
 - Once you've set-up your account and/or logged into the system, simply complete the Personal Wellness Assessment.
 - After completing your assessment, you can schedule an appointment by clicking the "Event Schedule" icon.

Forgot your Username or Password?

If you forgot your username or password follow the instructions outlined below:

Retrieving your Username

- 1) Visit <http://www.wellnessiqsystems.com/Account/Login>.
- 2) Click "Forgot Username?"
- 3) Enter the email address you used to create the account and click "Submit".
- 4) An email will be sent to you with your username that you previously created.

Retrieving your Password

- 1) Visit <http://www.wellnessiqsystems.com/Account/Login>.
- 2) Click "Lost Password?"
- 3) Enter the email address you used to create the account and click "Submit".
- 4) An email will be sent to you with steps to reset your password.

For more information, please call Pinnacle Training Systems (559) 515-3578