

Step 1: Log in at <https://www.webmdhealth.com/reta/>

Reta
A Catholic Healthcare Trust

POWERED BY **WebMD** health services

En Español

Username |

Password

Remember Me

Log In

[Forgot username or password?](#)
[First Time Here? Register](#)

The Reta Trust Live Well Health & Wellness Program

The Reta Trust Live Well Health and Wellness Program is a voluntary wellness program available to all employees enrolled in a Reta medical plan and their enrolled spouses. Learn more about the voluntary program and your privacy.

About Your Privacy

WebMD is committed to protecting your privacy. We encourage you to read our privacy policy which describes how WebMD may use and disclose your information.

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Step 2: Once here, you can access your HealthQuotient, Schedule a Biometric Screening, or Call your Health Coach.

Home Healthy Living Health Record Health Information Rewards

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HealthQuotient Identify your risk areas so you can better manage your health **Take It Now**

How it works

Health Assessment **Continue**

Take it now by clicking the button above

1. Complete the questionnaire.
2. Finalize.
3. Read your results.
4. Take action!

Your Privacy
Your information is safe with us. Your answers help us tailor you to relevant information and programs. [Check our full terms and conditions](#)

RetaLiveFN13's Action Plan
Today would be a great day to...
Take your HealthQuotient
and earn Rewards!

Biometric Screening Scheduler
Access the biometric screening scheduler and get to know your numbers.

Winchtime Open Your Well-Being
Get up to \$400 when you make your health a priority. Earn your \$100-\$150 by completing the HealthQuotient.

Call Your Health Coach
To get started with a coach, just complete the HQ. Using HQ results, you and your coach will set goals and create health strategies that work for you (and your spouse).

Get the whole picture! Sync your device with WebMD!
Let's Go!

Get Rewarded!
Start earning now by competing healthy activities.

Healthy Habits, Made Easy
Put exercise habits in your pocket with Cash & Valley.

Flu Shots Are Worth It
U.S. Vaccine Guidelines for Flu, HPV Updated

Notifies
New Secure Messages

WebMD health services

Once you are logged into WebMD, you will be taken to the Home Page where you can access the HQ, Screening scheduler link, Coaching, etc.

Step 3: Click here to complete your HealthQuotient

The screenshot shows the top navigation bar with links for Home, Healthy Living, Health Record, Health Information, and Rewards. Below the navigation is the Reta logo (A Catholic Healthcare Trust) and the WebMD health services logo. The main banner features a photo of a child jumping in autumn leaves. A dark red bar at the bottom of the banner contains the text 'Today would be a great day to...' followed by a white button with the text 'Take your HealthQuotient and earn Rewards!' and a right-pointing arrow. This button is circled in red.

Step 4: Once completed forward the confirmation email you receive saying you have completed the HealthQuotient or screenshot the rewards area saying you have completed the health quotient to celinaramirez@rcdlc.org

The screenshot shows the 'Rewards' section of the Reta website. It includes the Reta logo and WebMD health services logo. The text reads: 'Your health is very important to us. That is why you will be rewarded – both physically and with cash incentives – for taking measurable steps to improve your health and well-being. If you have questions about your reward or the reward programs, you can call WebMD Customer Service at (866) 302-6343.' Below this is a navigation bar with 'All Rewards' and 'FAQs'. The main content area is titled 'Complete the HealthQuotient' and features a progress bar. The bar is divided into three sections: a dark grey section on the left with '\$150', a dark red section in the middle with a progress indicator showing '90%' and the text 'HealthQuotient Completion', and a white section on the right with '1 activity needed to earn reward' and a red 'Earn Now' button.