

# Welcome to the Southwest General Wellness portal

The Southwest General Wellness portal can be accessed by going to the intranet home page and clicking on the banner for quick access OR go to <https://swgwellness.com> and click on the **Sign In With Cerner** button. Follow the instructions below to access your Southwest General Wellness portal:

## If you already have a Cerner Health Account (ex: Southwest Patient Portal):

- Enter your **Email address or username** and **Password** If you forgot your password, click on the **Forgot Password?** link

## To Create a Cerner Health Account:

- Enter your email address under the **I Need an Account** header and click **Sign Up**
- Enter the information for all of the requested fields then click **Create Account**
- Enter your **Date of Birth** and **Wellness ID** [Employees will enter their six-digit employee number (ex. 123456) and spouses will enter the employee's six-digit employee number + "S" (ex. 123456S)] and click **Submit**
- After accepting the Terms of Use and entering your profile information, you are ready to use the portal!

## With the Southwest General Wellness portal you can...



### Complete Your Personal Health Assessment

By completing this health assessment, you will receive a detailed personal health report as well as potential health risks identified for you.



### Review Your Results

See your screening results and health condition risks. You may share this information with your healthcare provider to better coordinate your preventative care.



### Incentives Earned

Review your earned wellness points and see how those translate to a savings on your health care contributions.



### Health Resources

Check out the resources menu for quick access to Southwest health resources as well as the portal's Water Tracker, Daily Fruit and Veggie Tracker and mobile app options.

You can always click on the **Dashboard** link on the top right of your screen to get right back to where you started!

### Questions on logging into and accessing the portal?

Call 888-252-8150

### Questions about your individual wellness results?

Email [help@swgwellness.com](mailto:help@swgwellness.com)