

Personalized Healthy Life Guidance with **with CaféWell**

CaféWell is a health engagement portal that offers personalized guidance and support to live a healthier life.



Key Features

- **Activities, programs, and challenges:** Choose from activities, programs, and wellness challenges to help them meet their health goals. Members can also create custom activities.
- **Expert health coaches:** Get health- and wellness-related questions answered online or during live webinars.
- **Supportive communities:** Join or create community groups for even more support.
- **Health and wellness content:** Access a variety of tips and articles about nutrition, fitness, and more.
- **Health assessment (PacificSource members only):** PacificSource members can complete the health assessment to help them identify potential health goals and customize their overall experience with CaféWell.

Who can use CaféWell?

CaféWell is available to all our commercial members and individuals in our communities, age 18 and older. However, members and nonmembers will register for CaféWell differently.

How do PacificSource members access CaféWell?

PacificSource members log into InTouch, go to Benefits, and select Wellness—CaféWell. Then, they complete a one-time registration process. Many of the fields will be pre-filled with information from their InTouch account.

Once they've registered, members can access CaféWell directly through InTouch, or they can log in at CafeWell.com.

How do nonmembers access CaféWell?

Individuals not covered by PacificSource go to CafeWell.com/code/PacificSource-community-only to get started. Once registered, they can then access their CaféWell account by going to CafeWell.com.

Is individual health information secure?

CaféWell and PacificSource are committed to protecting our members' privacy. In order to deliver personalized information to CaféWell users, participants will be asked to share certain information.

When a member registers for CaféWell, they are opting in to share their personal information and health assessment data with PacificSource and Welltok for the sole purpose of fulfilling rewards and incentives.

Bend

Direct: (541) 330-8896
Toll-free: (888) 877-7996

Portland

Direct: (503) 699-6561
Toll-free: (866) 540-1191

Medford

Direct: (541) 858-0381
Toll-free: (800) 899-5866

Springfield

Direct: (541) 686-1242
Toll-free: (800) 624-6052

Boise

Direct: (208) 342-3709
Toll-free: (888) 492-2875

Coeur d'Alene

Direct: (208) 333-1557
Toll-free: (888) 492-2875

Idaho Falls

Direct: (208) 522-1360
Toll-free: (888) 492-2875

Helena

Direct: (406) 422-1008
Toll-free: (855) 422-1008

PacificSource.com

