

How to Update Your Email Address

LiveWell Vermont State Employees' Wellness Program asks that you update your email address in order to receive important communications.

What type of communications will you receive?

LiveWell will send reminder emails to those individuals who have a profile email during wellness challenges or to announce important information regarding wellness incentives. If you choose not to provide an email, it is possible that you will miss this information.

Please take a moment to update your email address using the following instructions:

1. From your dashboard, select the "Reference" tab
2. Select "My Profile"
3. Select "Notifications"
4. Enter your state email address (first.last@vermont.gov)
5. Check the box "Allow email notifications"
6. Click "Save"

The screenshot shows the 'Reference' tab selected in the top navigation bar. Below it, the 'My Profile' tab is active. The 'Notifications' sub-tab is selected, and the 'Email address' field is highlighted in yellow. The 'Save' button is circled in yellow.

Health Wellness Nutrition Exercise Community Incentives **Reference**

About Us Contact Us Health Library Monthly Newsletter **My Profile** User Guide

Disable Account **Notifications** Password Info Username

Profile

Profile Notifications Username Password Image

Notifications

Dietitians and corporate information is periodically shipped to you privately via email. To change the email account that is used to notify you, change the email account then click on Save. Your email address or cell phone number is not shared with anyone, including other members.

Settings

Cell phone number
[] - [] - []

Cell carrier
Appalachian Wireless ▾

Allow text message notifications

Email address
first.last@vermont.gov

Allow email notifications

Save