

# Be Alive Points Program Enrollment Instructions

## CMCSS Employees Enrollment

CMCSS employees may enroll in the program by taking the following steps:

1. Visit <https://BeAlive.cmcss.net/> in your web browser
2. Press the *Login* button
3. Log in with your MyLogin username and password (these are the same credentials used to log into email)
4. Press the *Enroll Now* button
5. Fill in your details on the form and press the *Enroll* button

Once enrolled, participants may return to the site at any time by directly signing into [https:// BeAlive.cmcss.net/](https://BeAlive.cmcss.net/) or by signing into the Employee Single Sign-on Portal (<https://portal.cmcss.net/>) and pressing the *Log Me In* button for the *Be Alive* application.

The Be Alive application will not appear in the Employee Single Sign-on Portal until they have enrolled in the program.

## County Employee Enrollment

The online portal is not accessible for county employees. To enroll in the program, please fill out the information at the following link: <https://goo.gl/forms/lhgvt6tUKXc76wGN2>

Your points will be added to the portal system manually by the Employee Wellness Coordinator. You may request your points total and ranking at any time by emailing, [katie.massman@cmcss.net](mailto:katie.massman@cmcss.net).