



# TOTAL Wellness Program



**Member Benefits User Guide**

# Welcome!

Thank you for choosing to enroll in the TOTAL Wellness Program. You now have access to a variety of digital healthcare tools and services to help improve your healthcare experience. Below are brief instructions for how to access your member benefits

To access your benefits please visit:

**SafeHarbor.medikeeper.com**

SAFE HARBOR HEALTH

TOTAL WELLNESS PROGRAM

Login

Username  [Forgot Username](#)

Password:  [Forgot Password](#)

[Or click here to register](#)

**New Users  
Click Here**

If you have already created a username/password enter it here and click "Submit". If you need to register for the Portal please select "Or click here to register" and follow the screen prompts.

**Username:** \_\_\_\_\_

**Password:** \_\_\_\_\_

# Lets Get Started

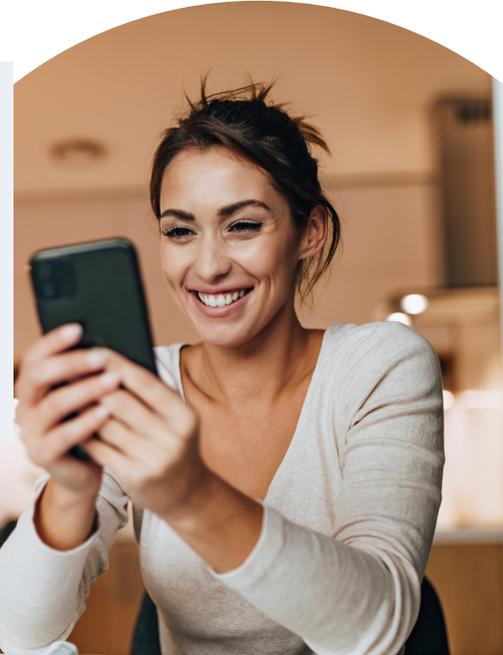
Once you log in to the TOTAL Wellness Program Portal for the first time you will need to complete a Health Assessment. This assessment is completely anonymous and will be used to customize your TOTAL Wellness experience by prioritizing the services that best match your needs.



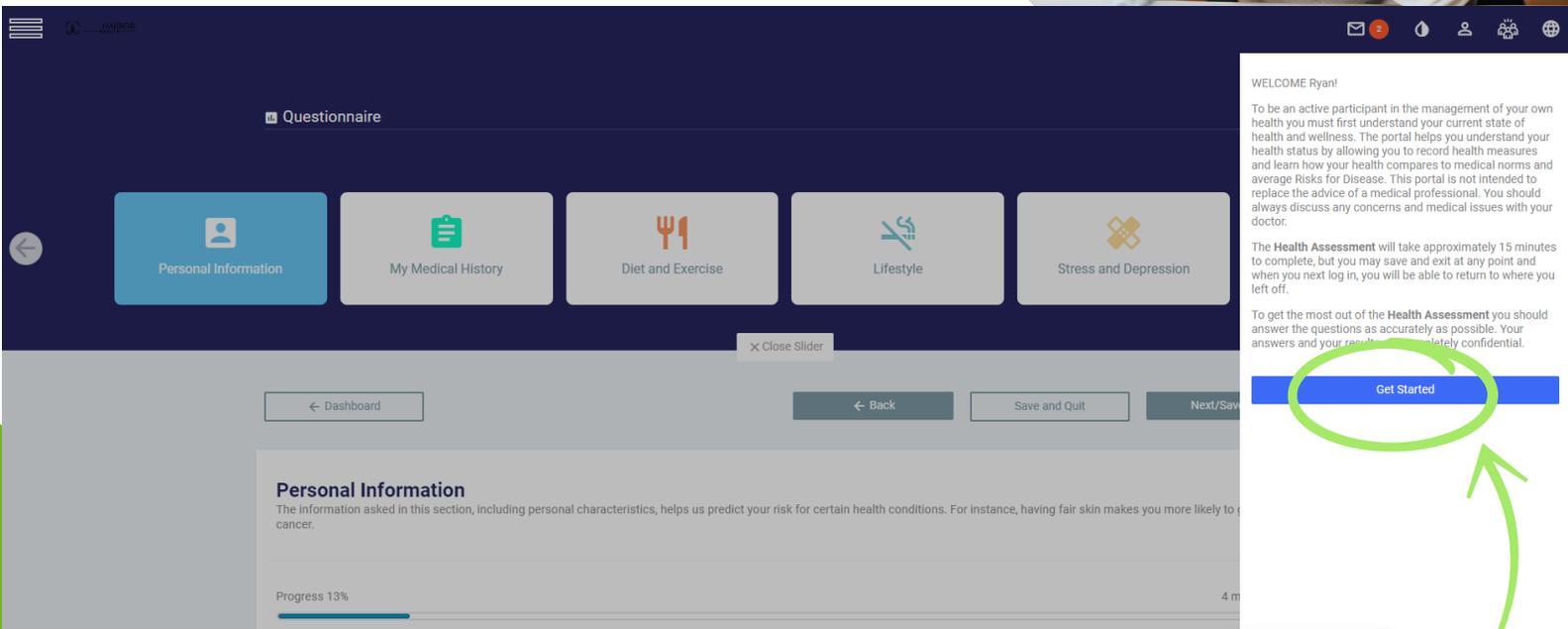
Congratulations! You've Successfully Registered.

Your confirmation information has been sent to the e-mail address you provided. Now you can login to the site with the username and password you just created.

[Get Started >](#)



**Click here to start your Assessment**

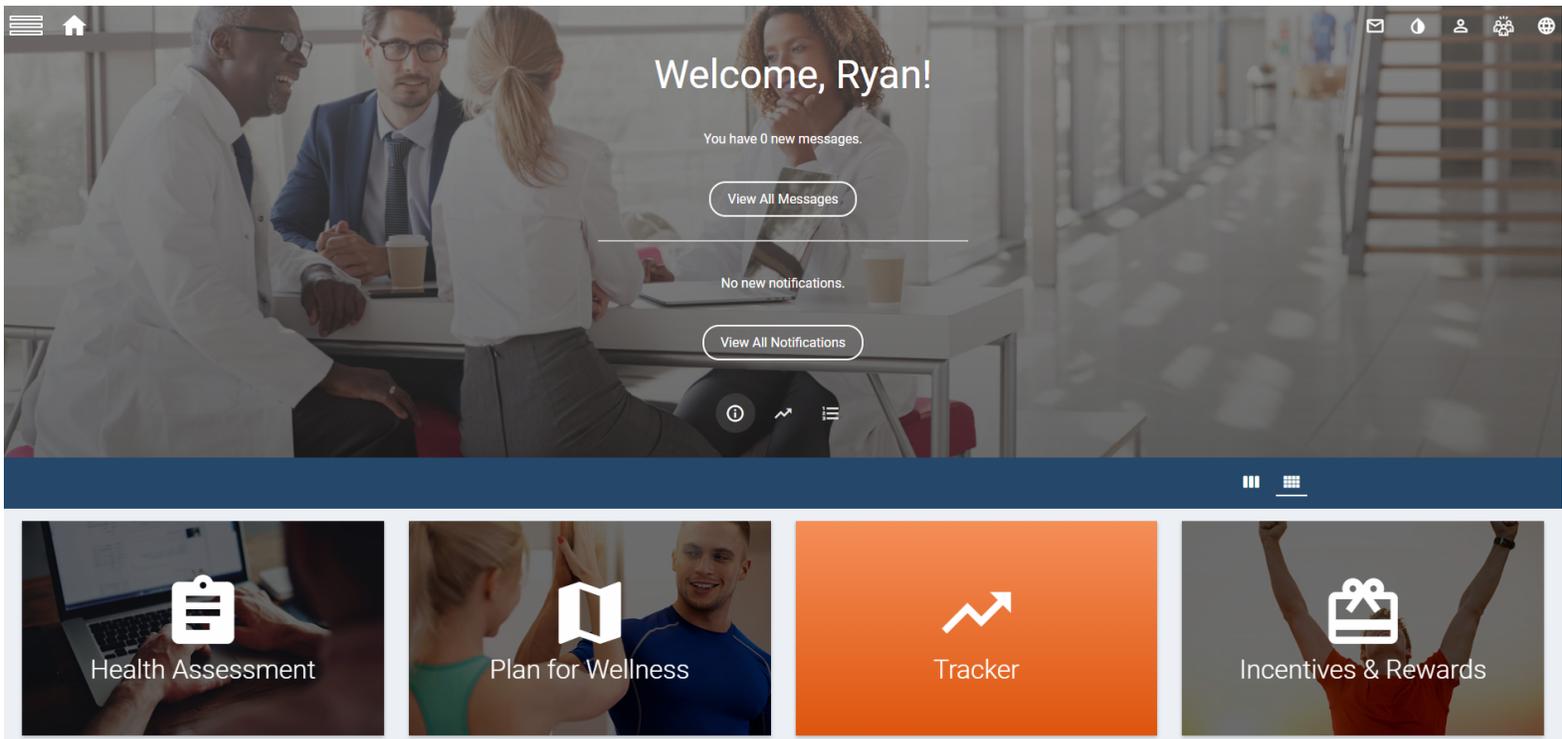


**Click here to continue**



# Access Your Benefits

Now that you have registered for the TWP Portal and have completed your Health Assessment you are ready to access all of your Member Benefits!



From the Home Screen (pictured above) you will be able to gain access to any of your TOTAL Wellness Program Member Benefits. Whether you are using a phone, tablet or desktop you will simply navigate to the “Tile” for your desired service and click on it. This will direct you to the correct digital care service immediately.

# Member Benefits

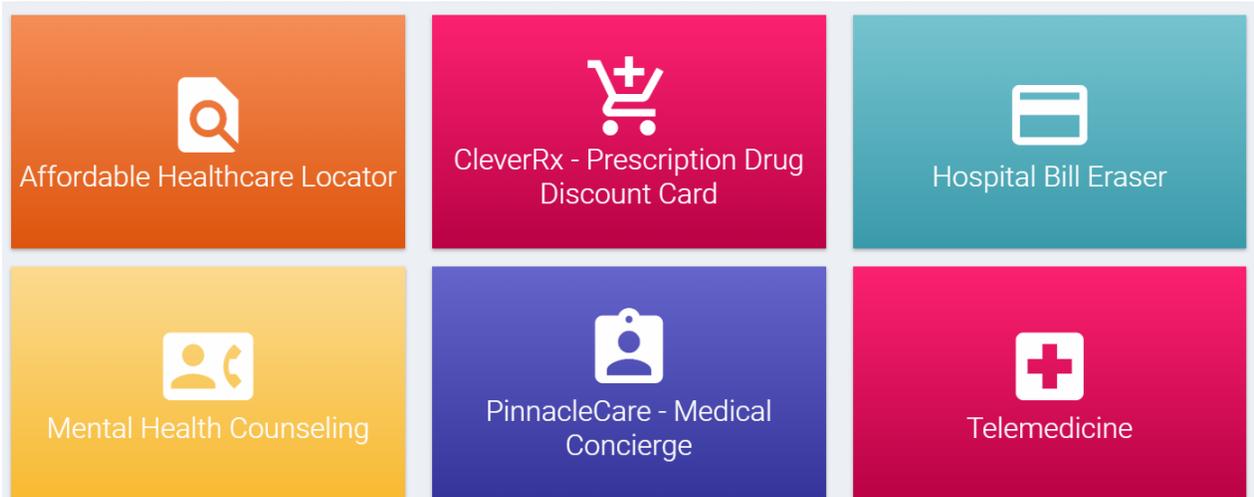
You have access to all of your Member Benefits through the Safe Harbor TOTAL Wellness Portal. This includes:

**\$0 Copay Mental Healthcare**  
**Prescription Discounts**  
**Expert Physician Matching**  
**\$0 Copay Expert 2nd Opinion**

**\$0 Copay Primary Telemedicine**  
**Affordable Healthcare Locator**  
**Medical Bill Negotiation**  
**& much more!**

To access your benefit simply click on the “Tile” for the service you wish to engage and you will be connected quickly!

## Click a Service Tile on the Home Screen



**Then click the  
Tool Bar  
for that Service**





# Support

We value you as a TOTAL Wellness Program member. Should you need assistance with registration, navigation or benefit access please contact a member of our team

We are here to help you!

**[info@safeharborsavings.com](mailto:info@safeharborsavings.com)**

**1-800-503-6751**



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