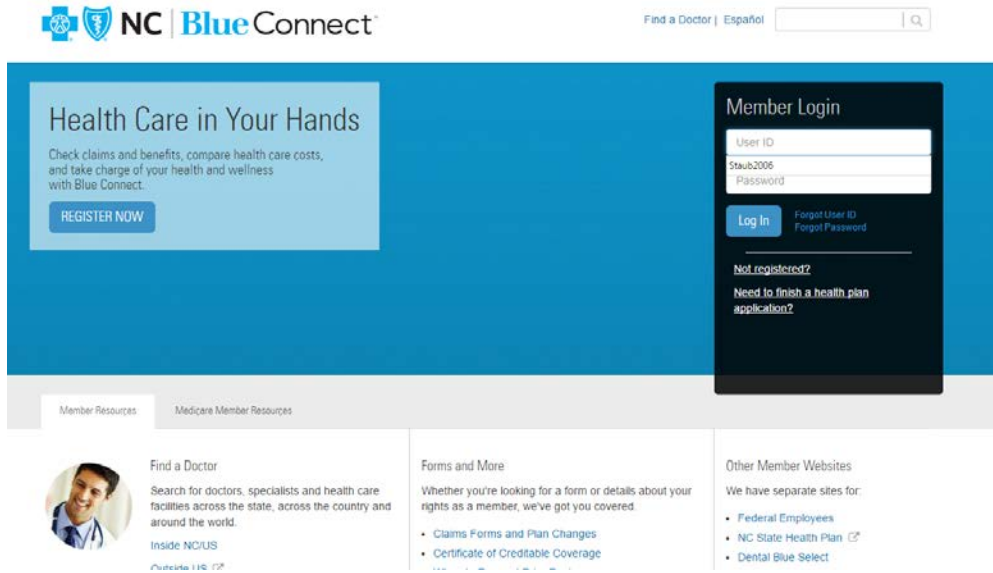
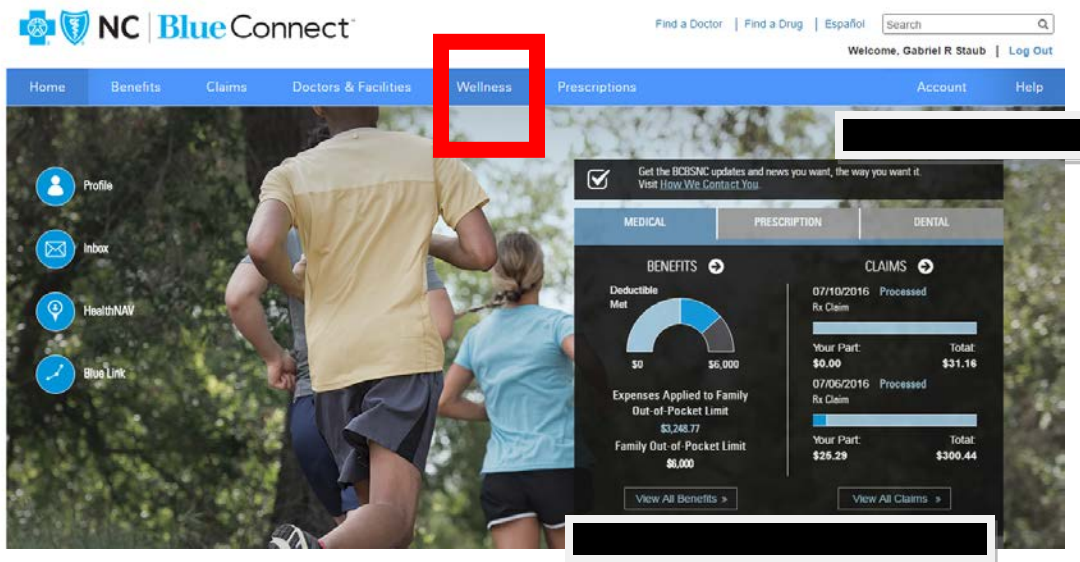


Below are screenshots with step by step directions for how to access and participate in the wellness forum. **NOTE:** members do not earn a credit for participating. It is simply a chance to communicate with a coach, interact with members, gain community and support, discuss and learn various topics.

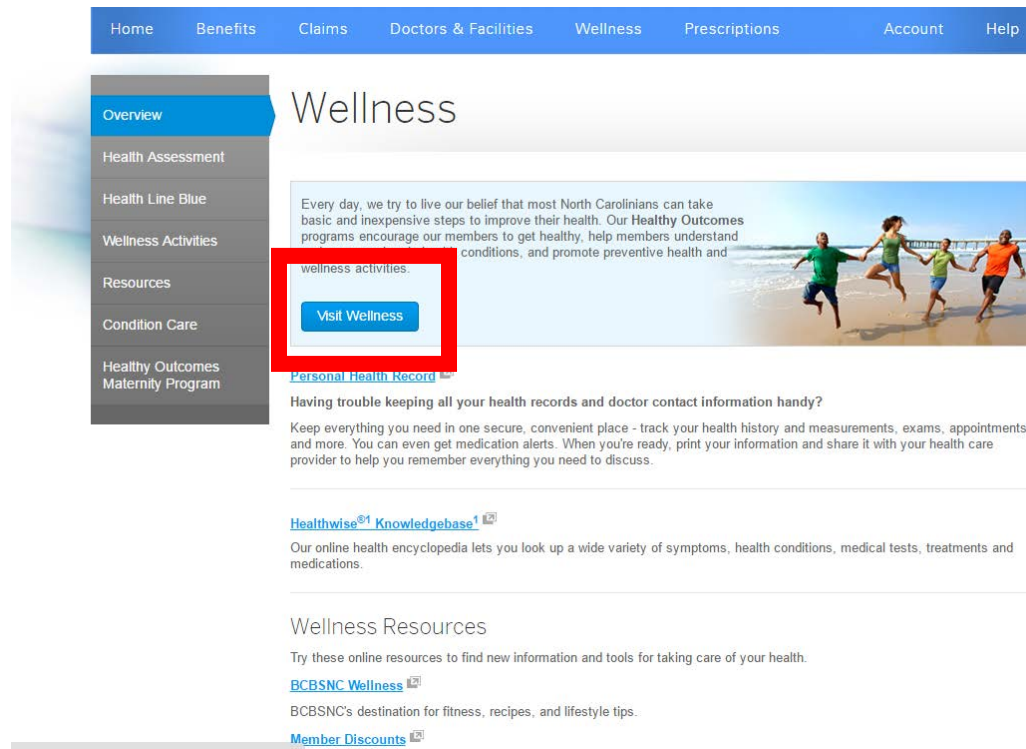
Step 1 – Log onto blue connect with your user name and password. If you do not have one, click on the ‘not registered’ link to register.



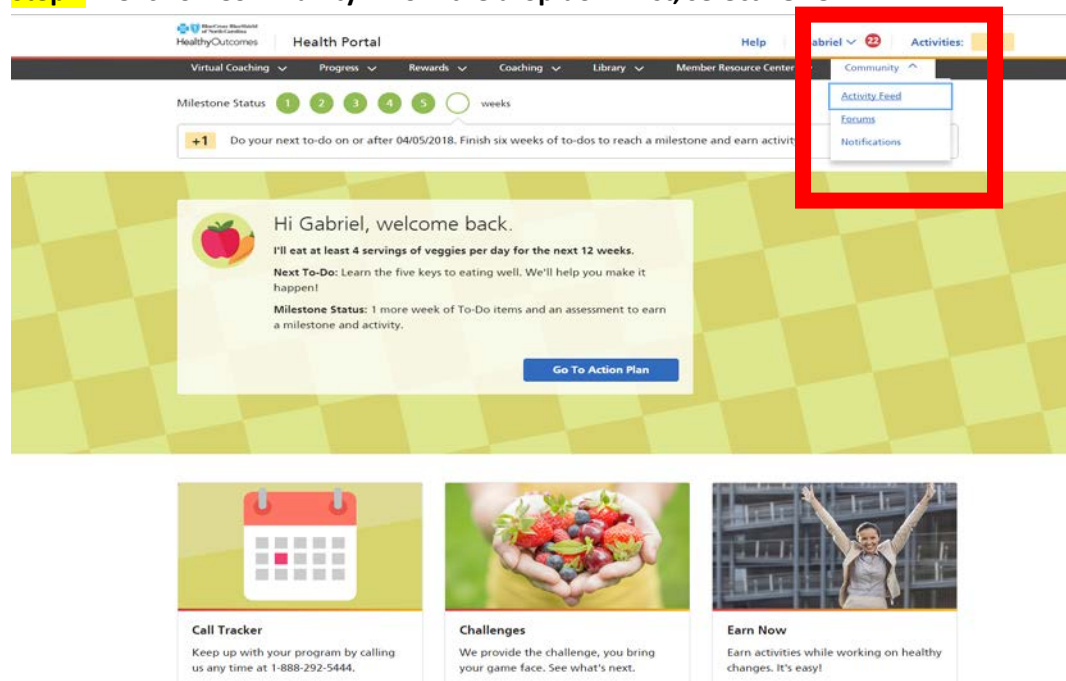
Step 2 – Click on the Wellness Tab.



Step 3 – Click on Visit Wellness. A new window will appear.



Step 4 – Click on Community. From the drop down list, select FORUM




STEP 5 – View All Forums. Select the Forum(s) you want to view.


Health Portal | Help | Gabriel ▾ 22 | Activities: 2

Forums


All Forums | Favorite Forums




About NRT
23 Discussions
Learn about medications and what's worked for other people.
[View Forum](#) 14 ☆




American Indian/ Alaska Native
0 Discussions
Join with other American Indians/Alaska Natives to get support for quitting commercial tobacco.
[View Forum](#) 2 ☆




Ask An Expert
43 Discussions
Our coaches have years of experience helping people quit. Ask a question, get an answer.
[View Forum](#) 17 ☆



Chantix and Bupropion
18 Discussions



Coping with Smokers
11 Discussions



Finally, the First Step
23 Discussions

Popular Forums

- Ask An Expert
- About NRT
- Finally, the First Step
- Chantix and Bupropion
- Getting Ready to Quit

Discussions


- Recent Discussions
- Popular Discussions

STEP 6 – Review comments and respond. Or, Start a new discussion.

Health Outcomes | HealthyOutcomes | Health Portal | Help | Gabriel ▾ 22 | Activities: 2


< All Forums

Ask An Expert


 Start a discussion or share something with the community... 126

All Discussions | Favorite Discussions


Discussion: Newest ▾ | Comments ▾ | Most Recent ▾

 **Girblue** Jul. 17 1 **CoachFrederick** Jul. 20 ☆


I just ordered the patches. After I've quit do I order them in lower dosages? How long should I stay at each before lowering?

 **RitaR** Jul. 11 1 **CoachAlissa** Jul. 11 ☆


Received patches yesterday!

 **skater76** Jun. 19 1 **CoachAmy** Jun. 19 ☆

how does this work

 **Samuel** Jun. 18 3 **CoachDes** Jun. 19 ☆

Signing up for gum/patches



Ask An Expert

Our coaches have years of experience helping people quit. Ask a question, get an answer!

☆ Add to favorites

People who favorited
17

Discussions
43

Popular Forums

- Ask An Expert
- About NRT
- Finally, the First Step
- Chantix and Bupropion
- Getting Ready to Quit

[View all forums >](#)

TO CREATE OR CHANGE YOUR COMMUNITY USER NAME

Click on your NAME tab. A drop down box will appear. Click on SETTINGS

Health Portal

Virtual Coaching | Progress | Rewards | Coaching | Library | Member Resource Center

Health Portal | Community | Forums | Ask An Expert

Ask An Expert

Start a discussion or share something with the community... 125

All Discussions | Favorite Discussions

Discussion: Newest | Comments: Most Recent

- GirlBlue Jul. 17 1 CoachFrederick Jul. 20
I just ordered the patches. After I've quit do I order them in lower dosages? How long should I stay at each before lowering?
- RitaR Jul. 11 1 CoachAlissa Jul. 11
Received patches yesterday!
- skater76 Jun. 19 1 CoachAmy Jun. 19
how does this work

Community Profile

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Community Notifications

Settings

The Mail Room 10

Sign Out

Our coaches have years of experience helping people quit. Ask a question, get an answer!

Add to favorites

People who favorited 17

Discussions 43

Popular Forums

- Ask An Expert
- About HRT
- Finally, the First Step
- Chantix and Bupropion
- Getting Ready to Quit

CLICK ON UPDATE PROFILE

Health Portal

Virtual Coaching | Progress | Rewards | Coaching | Library | Member Resource Center | Community

Health Portal | Settings | Profile

Your Profile

You'll see your avatar at the top right of each page.

Profile Gabriel

Update Profile

Devices & Apps

Contact Info

Communication

Community Notifications

Health Portal

Top

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Information in Other Languages

Español 中文 tiếng viet 泰文 Français 日本語 Hindi Pycckий Tagalog ភាសាខ្មែរ Deutsch 한국어 日本語

EDIT SCREEN NAME. FOLLOW SCREEN NAME GUIDELINES

 [Health Portal](#) > [Settings](#) > [Profile](#)

- Your Account**
- Profile**
- [Devices & Apps](#) >
- [Contact Info](#) >
- [Communication](#) >
- [Community Notifications](#) >

Create Your Profile

Choose Screen Name

n161fc97d3e9k

[Screen Name Guidelines](#)

Choose Hair



Choose Expression



Choose Color



Cancel

Save Profile