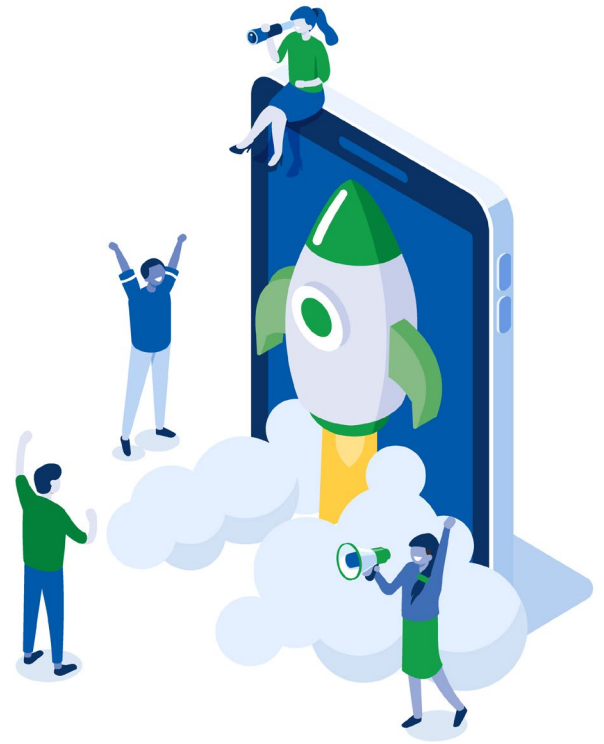


# HumanaCare Member Portal and Mobile App



## How do I access the portal?

<https://humanacare.com/humanalife>

Enter access code: **humanacare**

Create a login and password

## Why do I need to create an account?

Creating a personal account allows you to manage your profile information like favourites, bookmarks and access your saved activities in the profile section to track personal growth and to help set your own goals. This also includes assessments, checklists and soft-skill courses results and printable certificates.

## Do you store any personal data/information?

The only personal data stored are member's email, user name and password. This data provides a way to uniquely identify the user (and verify identity in a confirmation step) and also allows an additional communication channel and a valuable way to reach out to users with notifications like password recovery emails.

## Does this cost more?

No. This portal is free to eligible members and their families.

## How do I access the Mobile app?

The app is available on your device via your app store.

## What will I see on the portal?

You will have access to a comprehensive collection of health and wellness articles and videos, webinars, assessments, soft skill courses and much more. With the online portal you have access to a variety of articles and information on topics including mental health, healthy living, family, nutrition, finances and workplace.

## If I have questions about the portal and have trouble logging in, who do I contact?

Please email our team at [info@humanacare.com](mailto:info@humanacare.com).