

# Connect to Higi

## New in 2018...

If you participate in *Caring Starts with You* and plan to use a Higi kiosk, you can now **set your own kiosk username and password**. It will also take less time for your blood pressure and BMI values to appear in your *Caring Starts with You* portal.

Visit one of the 11 St. Luke's Higi kiosks, or any of the nationwide [Higi network](#) kiosks to check your BMI and blood pressure.

By linking your Higi account to your portal account, your blood pressure and BMI will be viewable within 48 hours.



## How to link your Higi account:

### Employees:

- After you log in to the [Caring Starts with You](#) portal and complete the Consent, look for an email with your own personal "Connect to Higi" link. The email will be sent to your work email. If you need the email resent or would like to change the address it is sent to, please contact Employee Wellness.
- Click on the link and follow the steps to link your Higi account to the *Caring Starts with You* portal.

### Spouses covered on a SLUHN medical plan and participating in *Caring Starts with You*:

- After you log in to the [Caring Starts with You](#) portal and complete the Consent, look for an email with your own personal "Connect to Higi" link. The email will be sent to the email address you provide when you create your *Caring Starts with You* portal account. If you need the email resent, please contact Employee Wellness.
- Click on the link and follow the steps to link your Higi account to the *Caring Starts with You* portal.

If you have any questions, or if you did not receive your personalized "Connect to Higi" link, please contact the SLUHN Employee Wellness Department at 484-526-2284 or [EmployeeWellness@SLUHN.ORG](mailto:EmployeeWellness@SLUHN.ORG).

