


TML Health Online and Your TML Well Dashboard

01 Start by going to tmlhealthbenefits.org on your computer or mobile device and signing in as a member or dependent. If this is your first time signing in, you will click the **REGISTER** button as seen in the screenshot below.

First time here?

If you're a new employee, please register your account here to log in.
If you are a spouse or child on the employee's plan and you are registering for the first time, please leave your Zip Code blank on the following registration page.

 Register

03 Log onto your TML Health Online account and click the TML Well tile.

Go to the
TML Well Dashboard
and the \$150
incentive program!

TML
Well

02 Register your account. After clicking **REGISTER**, you will input/verify your basic information and set up your login credentials with multi-factor authentication.

Info	Create	Confirm	Login
<p>Info</p> <p>Social Security Number *</p> <p>123-45-6789</p> <p>Date of Birth *</p> <p>MM/DD/YYYY</p> <p>ZIP</p> <p>Enter a valid US zip, US zip+4, Canadian, or Foreign postal code. If you do not have a postal code on file, leave blank.</p> <p>Company Key tmlhealth Change</p> <p>Directions All fields are required. If you don't already have your Company Key, contact your benefits administrator.</p> <p>Cancel Continue ></p>			

04 Complete the Wellbeing Survey and **ONE** of the 7 other options.

Name	Status	
Wellbeing Survey (REQUIRED)		
Wellbeing Survey	Not Complete	Complete This
Options (Only one option needs to be completed)		
Option 1: Preventive Care Screening (Biometrics)	Not Complete	More Info
Option 2: Video Learning	Not Complete	More Info
Option 3: Group Challenge - Reach for It or Ramp It Up	Not Complete	More Info
Option 4: Personal Challenges (Complete 2)	Not Complete	More Info
Option 5: Livongo (Discontinued April 30, 2023)	Not Complete	More Info
Option 6: Wondr Health	Not Complete	More Info
Option 7: Wellness Your Way - Local Challenge	Not Complete	More Info
2023 Reward Status		
2023 Reward Status	Not Complete	More Info

NEED HELP? Member Services can assist you with registering your account. Call 800-282-5385.

Follow us @TMLHealth



800-282-5385
1821 Rutherford Lane, Suite 300
Austin, Texas 78754-5151

For more information visit
tmlhealthbenefits.org

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