



# The New Wellness Portal

## Sign Up Today!

<https://riseup.provantone.com>

1. Go to the main page of the new portal.
2. Click **Sign Up!** Even if you made an account on the old portal, you need to set up a new account on the new portal.
3. Enter your initial registration ID number, birth date, and the displayed captcha code. Your initial registration ID number is your first name, Employee ID, and month and day (MMDD) of your birth. For example, if your first name is John, EID is 0012345, and birthday is July 10, your registration ID number is JOHN00123450710. If you are a spouse of a UMS employee, use the same EID number as your spouse employee, but your own first name and birth date.
4. Click **Terms of Use**. Review the terms and click **I Accept**. Then you will be able to click **Next**.
5. Create a new username and password. Your password must have at least eight characters and consist of at least one lowercase letter, one uppercase letter, and one number.
6. Complete the form with information such as your name, height, and activity level.
7. Choose and answer three security questions. These questions will be used if you forget your username or password in the future.
8. Click **Register**. You will automatically be logged in.
9. Enjoy the new site and resources it has to offer! If you need help, call Provant's Customer Service team at 1-855-274-7387.

