Wellness Portal Registration

Register for access to the County of Los Angeles wellness portal. With an account, you can sign up to attend Countywide Fitness Challenge (CFC) events and Healthy Connections lunch and learns.

Step 1: Register Your Account

- Go to www.LACountyGetsFit.com and enter your information in each field.

- Your Invitation Code is: **1203**

- Enter your First Name and then Last Name in the appropriate fields.

- Select your department from the dropdown list.

- Employee ID: select the letter your ID begins with (either E or C) from the dropdown field. Then enter the numbers in the box.

- Enter your Email address.

- Enter your Date of Birth (ex. 1/3/1980)

- Select the Medical Plan you are enrolled in for 2019 from the dropdown list.

- Enter your Medical Plan Member ID.

- Enter the digits of your Social Security Number (SSN) as specified on your screen.
  - Depending on your medical plan, you will enter either all 9 digits or the last 4 digits of your SSN.

- Next, type the code from the image that is displayed on your screen.

- Click the blue Continue button to proceed to creating your account credentials.

Follow the instructions on the next page.

Step 2: Create your Username and Password

- Complete each field shaded red.

- Enter your username. Your username must meet these requirements:
  - Using your email address as your username is recommended.
  - If you do not use your email address, then a username cannot contain certain special characters like <, >, ', ", &.
  - Usernames must contain between 8 and 50 characters.

- Create your password. Your password must meet these requirements:
  - Password must contain between 8 and 128 characters.
  - Passwords must contain at least 1 uppercase letter (A-Z).
  - Passwords must contain at least 1 lowercase letter (a-z).
  - Passwords must contain at least 1 digit (0-9).
  - Passwords cannot contain certain special characters like <, >, ', ", &.
  - Passwords cannot contain your first name, last name or username.
  - Passwords cannot contain certain common passwords.

- Confirm your password by retyping it in the *Confirm Password* field.

- Select a Security Question from the dropdown list. Then, enter your answer to the Security Question in the *Security Answer* field.

- Confirm your Security Answer by retyping it in the *Confirm Security Answer* field.

- Click the blue Save button to save your account credentials.

Congratulations, you've registered your account and logged in to the portal!

Wellness Portal Technical Support ▪ 800.435.5023, option 2 ▪ support@mybenefitschannel.com ▪ 6AM-3PM (Pacific) Mon.-Fri.

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