Wellness Portal login and registration instructions. Registration is required only the first time you login.

Go to the Healthy Rice. Healthy Life website.

- Click on “set up account” to register and create your unique username and password.
- When entering your employee ID on the registration page, be sure to use all of the leading zeros of your E number. *For example: E00012345.*
- Use your *created* username and password any time you login to the Healthy Rice. Healthy Life website via your computer, iPad or smartphone.
- Please note that the password must be at least 8 characters long. It must include a mix of upper and lower case letters and a number. It cannot contain 3 sequential characters from your username, first name or last name.