



Welcome to Healthy Tracks!

Healthy Tracks is a fun, year-long program where you will have access to a state-of-the-art health and wellness portal found at <https://seniorcareplus.myhealthytracks.com>. The portal contains a wealth of information, useful tools, and actionable steps to improve your well-being. Throughout the year, you will have opportunities to participate in a variety of fun, health-promoting activities designed to help you build (or maintain) a positive, healthy lifestyle.

GET STARTED

Getting started is easy. All you'll need is your member ID card, date of birth, and an email address (so we can verify your account). You can access Healthy Tracks from a computer or your phone.

1. Sign up for the program by registering an account at <https://seniorcareplus.myhealthytracks.com>. If you have difficulty going online, a family member or friend can help you set up your account.

If you don't have a computer, Senior Care Plus will provide you with access to our computer lab. The Senior Care Plus computer lab can be made available by request. Please reach out to our Health and Wellness Coordinator at 775-982-3617 to arrange a time to use the lab.

2. Complete the Health Risk Assessment and review your personalized results!

FAQ'S

How do I sign up?

Go to seniorcareplus.myhealthytracks.com and click Register (below the login fields). For step-by-step instructions, please see our [How to Register Guide on SeniorCarePlus.com](#).

What are the benefits of signing up for Healthy Tracks?

You'll gain access to a powerful Health Risk Assessment, helpful health courses, tools to track your fitness progress, unique wellness challenges, and much more in the online portal.

What is a Health Risk Assessment?

A Health Risk Assessment, or HRA, is a brief survey used to identify one's strengths, weaknesses, and risk for preventable chronic diseases. When you complete an HRA in Healthy Tracks, you'll instantly receive a personalized health profile, a health age score, and even recommendations to improve your well-being!

What is a Challenge?

Each activity in Healthy Tracks is called a Challenge. Challenges are represented by the many tiles on your Healthy Tracks homepage. Click the "i" icon on any challenge tile for more information.

I am having trouble navigating the program. Who do I talk to for help?

The Healthy Tracks Team is happy to help! If you have any questions, please feel free to call us at 775-982-6644 or send us an email at healthytracks@hometownhealth.com.