

Track Progress with Healthgram Trax

As you work towards better health you'll be able to track your progress online. Healthgram Trax is our user-friendly, web-based incentive tracking system that's designed to reward you for making healthy choices.

Conveniently located within your Healthgram member portal, this tool allows you to monitor your compliance with your Wellness Program through a simple points system.



How to access Healthgram Trax:

Access Healthgram Trax through the homepage or under the Wellness tab on the left navigation bar. From your dashboard, you can review your total points (1), view your participation in a previous program (2), view your program's required modules (3), view your overall participation in the program (4) and sync wearable devices and applications to track activity (5).

Register for your Member Portal:



1 Visit the login page at members.healthgram.com

2 Click the "Need to Register?" link.

3 Enter the required information.

4 Simply enter your username and password to login!