Healthy Life Engagement with CaféWell

About CaféWell

CaféWell is a secure health engagement portal that provides your patients with personalized guidance and support to live a healthier life. With CaféWell, your patients have access to health information and resources designed to support their individual health goals, track their progress, and earn rewards.

Your patients can create a custom plan that’s right for them based on their health goals, whether you’re working with them to help them eat better, exercise more, reduce stress, sleep better, or manage a condition.

Questions and Answers

Who may register for CaféWell?
CaféWell is available to all of your patients, whether they are PacificSource members or not. However, members and nonmembers will register for CaféWell differently.

How do patients access CaféWell?
- **Your patients who are PacificSource members** will log into InTouch and click on the CaféWell button and complete a one-time registration process to get started. Many of the fields will be pre-filled with information from their InTouch account. Once they’ve registered, your patients can access CaféWell directly through InTouch, or they can log in at CafeWell.com.

  - **Your patients who are not PacificSource members** will go to CaféWell.com/code/PacificSource-community-only to get started. Once they’ve registered, they can then access their CaféWell account by going to CafeWell.com.

What are some features my patients would like?
- **Activities, programs, and challenges:** Your patients can choose from activities, programs, and wellness challenges to help them meet their health goals. They can also create custom activities.

  - **Expert health coaches:** Your patients can get health- and wellness-related questions answered online or during live webinars.

  - **Supportive communities:** Individuals can join or create community groups for even more support.

  - **Health and wellness content:** CaféWell offers access to a variety of tips and articles about nutrition, fitness, and more, provided by various credible sources, such as A.D.A.M., certified health coaches, health organizations, and more.

  - **Health assessment (PacificSource members only):** Patients who are PacificSource members can complete the health assessment to help them identify potential health goals and customize their overall experience with CaféWell.