

# Welcome to the **TOTAL Wellness Program**



## **How To Get Started**

### **1. Visit [SafeHarbor.Medikeeper.com](https://SafeHarbor.Medikeeper.com)**

- At the bottom of the screen select “Or click here to register”
- Enter your Name, Date of Birth, Email & Choose a Password
- Review Terms of Use & Click “Agree”

### **2. “Click Get Started”**

- This will begin your Health Assessment. This should take about 10 minutes & will customize your TOTAL Wellness experience. From here you are able to access all of your benefits!

**Need Help or Have Questions?**  
**[info@safeharborsavings.com](mailto:info@safeharborsavings.com)**