

WELLNESS



Use the QR code below to access your wellness portal. You may also type cityofportland.wellnessworkdays.com into your browser



To Log on:

Returning Users:

1. Visit cityofportland.wellnessworkdays.com
2. Enter **cityofportland** (one word, no spaces) in the Company field
3. Enter your Member ID, which is your **5-digit employee ID number**
4. Enter your password, then log in!

New Users:

1. Visit cityofportland.wellnessworkdays.com
2. Scroll down to **NEW USERS** and click **REGISTER**, then click **ACCEPT** at the bottom of the privacy notices
3. Enter **cityofportland** (one word, no spaces) in the Company field
4. Enter your Member ID (your **5-digit employee ID number**)
5. Enter your date of birth and preferred email
6. Click **REGISTER**
7. Create a password, then log in!