

Portal Access Directions

Welcome to our new wellness portal, powered by Applied Health Analytics! Everything you'll need to keep tabs on your wellbeing and incentives is right at your fingertips - both on a computer and a smart device!

URL: SWGWellness.personalhealthportal.net

New Users/First Time Logging in Existing Users

Type the SWG Wellness Portal URL into the address bar of a new browser and hit "enter."

Click the "Sign Up" button at the bottom of the screen.

Complete Verification Data



- First Name, Last Name
- Choose an email address
- Enter your date of birth
- **ZIP CODE: Your home ZIP code**
- **Enter Employee ID number**
- **Spouses: Enter Employee ID number + S**
Example: EE number: 123456
SP number: 123456s
- Click "Verify"

Create your username and password according to the prompts. Click "Create Account."


Type the SWG Wellness Portal URL into the address bar of a new browser and enter your username and password. Click "Log In."

Need Help?

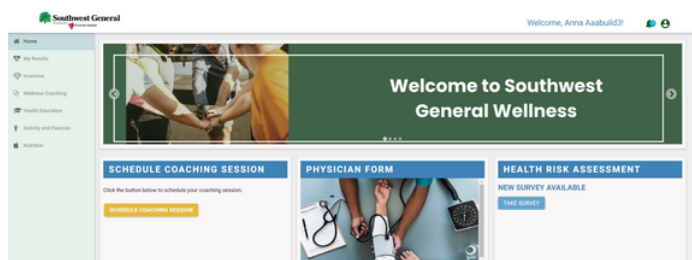
Get help resetting your password, logging in, or any other questions.

 855.581.9910
 helpdesk@appliedhealth.net

Questions about the Southwest General Wellness Program?

 arose@swgeneral.com
 SWG Wellness Coordinator Anna Rose

Explore the NEW Southwest General Wellness Portal



The SWG Wellness Portal is your hub for all things wellness. Keep track of your incentives and wellness results, stay in touch with your wellness coach, and take advantage of the free tools and resources to you motivated and healthy!