



WHAT IS THE LIVING WELL PLATFORM?

Take charge of your wellness goals – with the Living Well wellness and engagement platform designed to help you live your best life. Achieve your physical, emotional, financial, and work wellness goals with personalized activities. When you participate in activities, you’ll earn points toward recognition all while achieving your best self.



Register at ut.limeade.com or on the Limeade ONE app

The Living Well platform powered by Limeade is available to **UT SELECT and UT CARE** members (employees, retirees, and dependents) ages 18+. Refer to page 2 of this guide for detailed instructions.



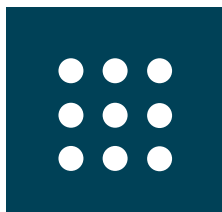
Participate in activities that align with your well-being goals

Explore a library of activities on the discover tab. Personalize your experience by **taking the Well-being Assessment** which will help curate a series of activities just for YOU.



Explore the My Updates feed

Stay up to date with the latest UT Living Well and Institution information on the homepage. By downloading **the Limeade ONE app**, you can subscribe to notifications, and receive important updates from anywhere.



Access the resources you need in the Services tab

Access medical and behavioral health benefits, support services and more at your fingertips through the Services tab.

GET STARTED TODAY



Once you download the app, search ‘University of Texas’ to begin or visit online at ut.limeade.com.

Questions? support@limeade.com

How to get registered | Register on the Limeade ONE app or at ut.limeade.com*

*Limeade recommends using Private/Incognito browsing within Microsoft Edge, Google Chrome, or Firefox web browsers.

Sign in Instructions for Employees and UT Austin Retirees

1. Enter your institution email address and press continue.
2. Or click on “Continue with your UT System Employee or UT Austin Retiree Login” button at the bottom.
3. Type the name of your “home institution” (example: The University of Texas at Dallas) or select “Allow me to pick from a dropdown list.
4. Select how often you want to follow this selection – up to 9 months.
5. Press continue
6. Log in using your institution SSO

Sign in Instructions for Spouses, Dependents, and Retirees UT Austin Retirees follow the login instructions above.

Click ‘Sign Up’ at the bottom.

If you are an employee and accidentally clicked on "Sign up", navigate back one step to login through SSO.

1. **Enter your Last Name**
2. **Enter your Date of Birth (MM/DD/YYYY)**
3. **Unique ID**
 1. **Retirees:** your 8-digit Benefits ID Number (BID) is on the left side of your UT SELECT ID card, immediately following the UTS0 prefix.
 2. **Spouses and Dependents:** Benefit ID Numbers (BIDs) are not on the ID card. Employees or retirees can log into ‘My UT Benefits’ at utbenefits.link/manage to find their spouse’s and dependent’s BID. Once logged in, click on ‘Dependents,’ and then ‘Edit,’ to find the BID.
4. **Click ‘Find account’.**
5. **Set up your account with your preferred email address and password.**