



NEW-USER GUIDE

WELCOME!

You're going to find that the Sonic Boom program is super-easy (and fun!) to use. But, to get you started, here's a quick overview with a few tips and pointers...

First step: Logging in!

- ① Go to app.sbwel.com (or the custom URL provided by your employer)
- ② If you've already created an account, enter your Username and Password and click [LOG IN](#)
- ③ If you haven't created an account yet, click **New to Sonic Boom? Click Here** and follow the prompts to create your account (and set a username/password)

Once you've successfully logged in for the first time, you'll be prompted with a brief tutorial wizard. Follow along to learn about some of the key tools and resources on our site, then it's time to dive in and get Boomin'! You can also use this guide to find out where everything lives within the platform...

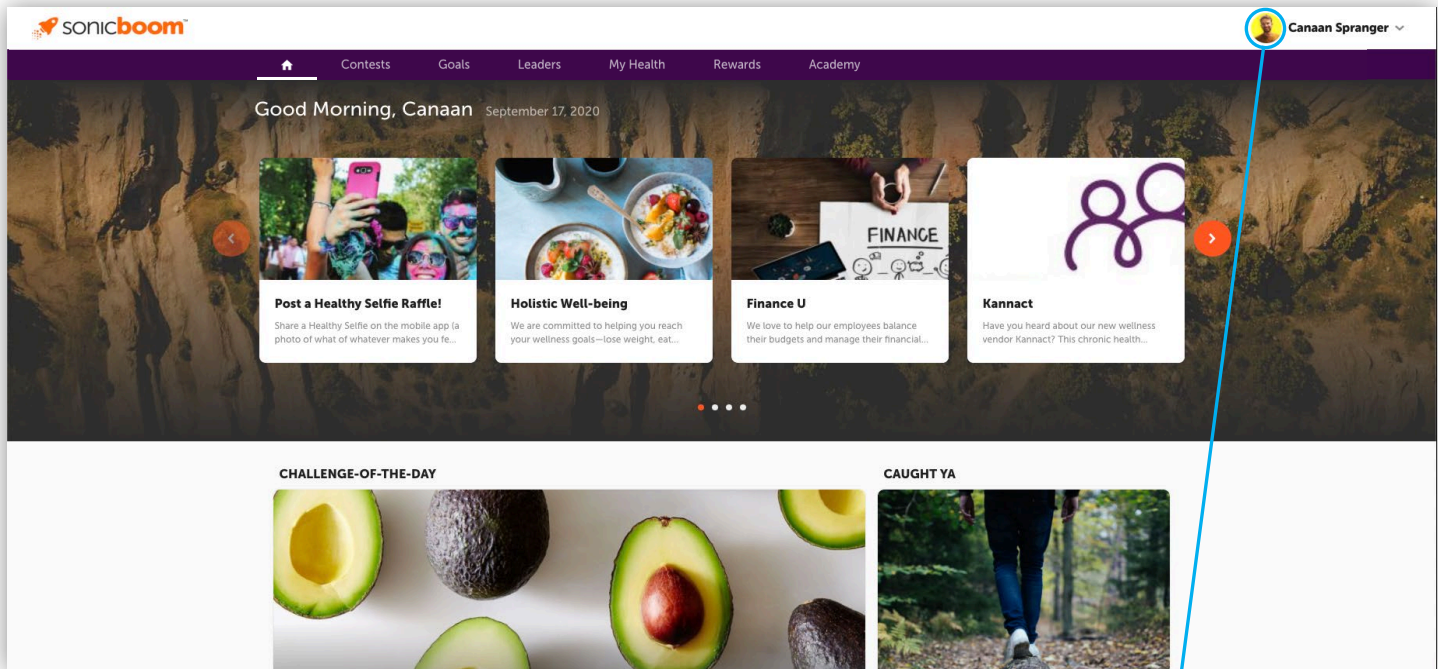


Don't forget to check out the Sonic Boom Wellness mobile app for on-the-go tracking!



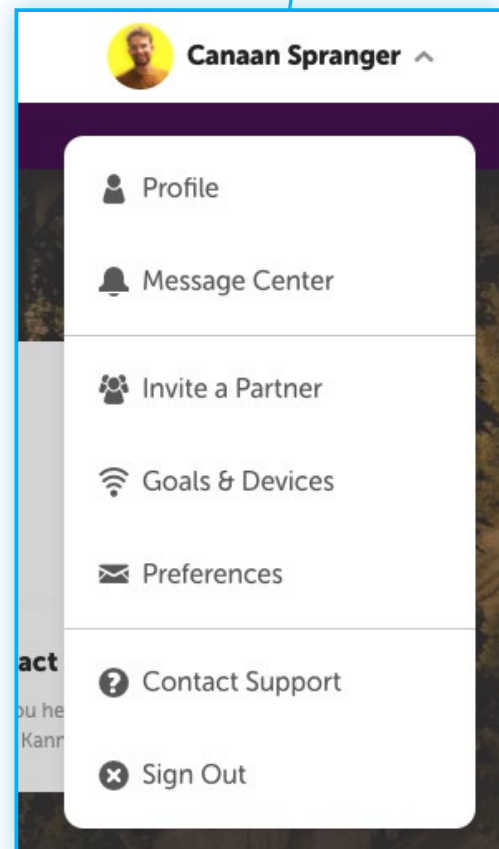
THE GLOBAL HEADER (and personal profile)

Sonic Boom features a series of dashboards (the cool kids call 'em "dashes"), each containing a specific set of wellness tools for tracking and improving your daily health habits. No matter where you are within the portal, the Global Header always looks the same – with all of the most important stuff a single click away!



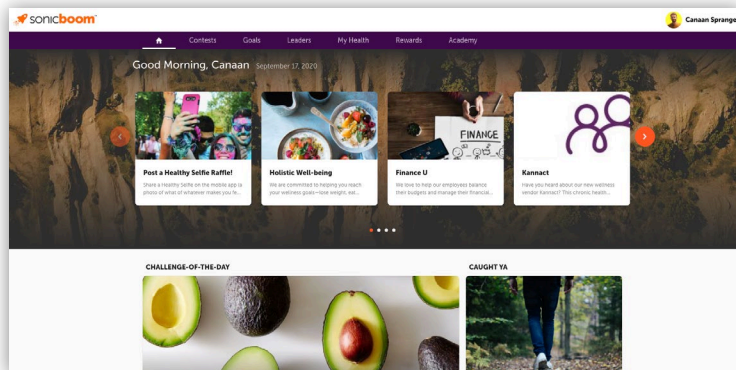
In the top-right corner of the header (where you see your name), you'll find a drop-down menu that includes:

- Profile:** Adjust your personal settings, profile picture, alias, and more.
- Message Center:** See your Contest invitations, Caught Yas, coaching messages (if applicable), and social activities.
- Invite a Partner:** Get your spouse or domestic partner to Boom along with you!
- Goals & Devices:** Sync your activity tracker and set personal goals for daily activity.
- Preferences:** Choose how you'd like to receive certain communications and invitations.
- Contact Support**
- Sign Out**

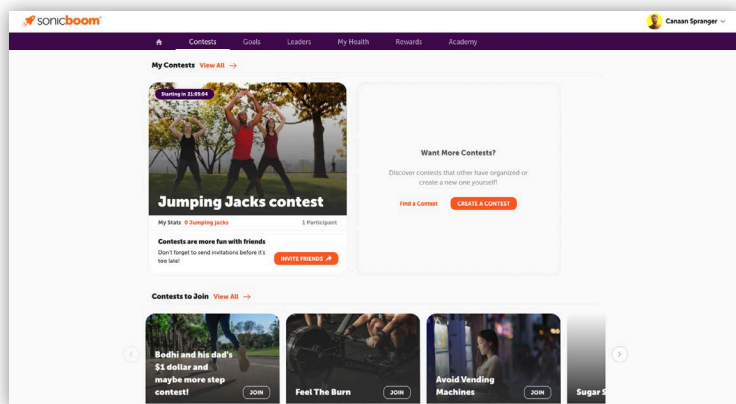


THE DASHBOARDS

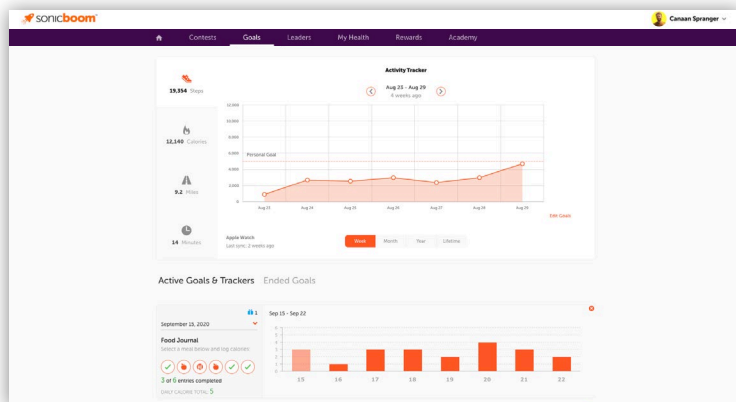
Each dash contains a specific set of tools, activities, challenges, or other helpful resources for engaging in healthy behaviors – sometimes on your own, and sometimes together with your peers! Here's a quick overview of what each dash contains...



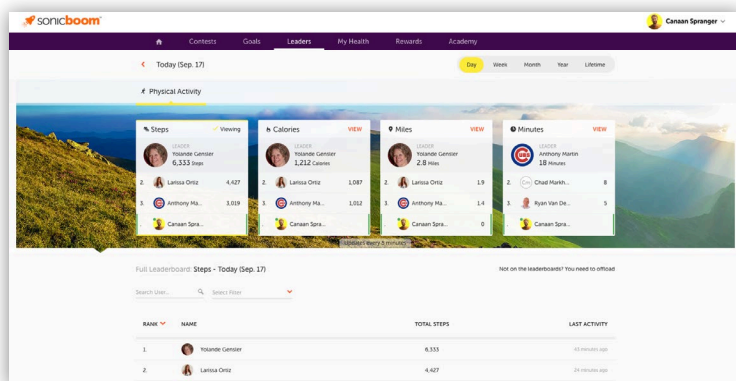
HOME – this dash is all about YOU - with your personal recommended activities and social feed, plus shortcuts to the Challenge-of-the-Day and Caught Ya tools.



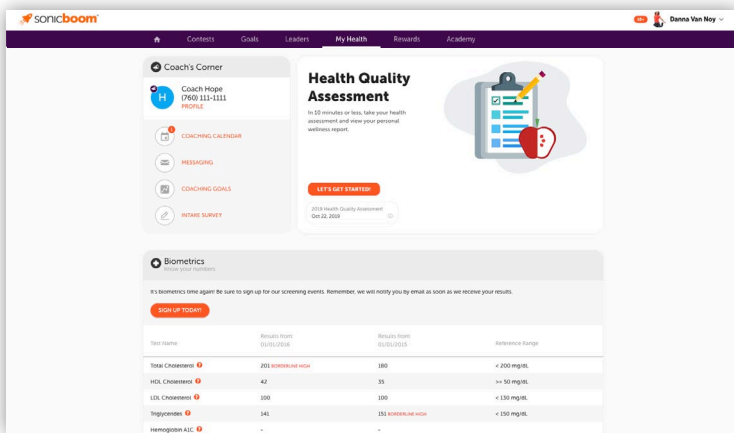
CONTESTS – choose contests to join, start your own challenges, log your activity, and track your status!



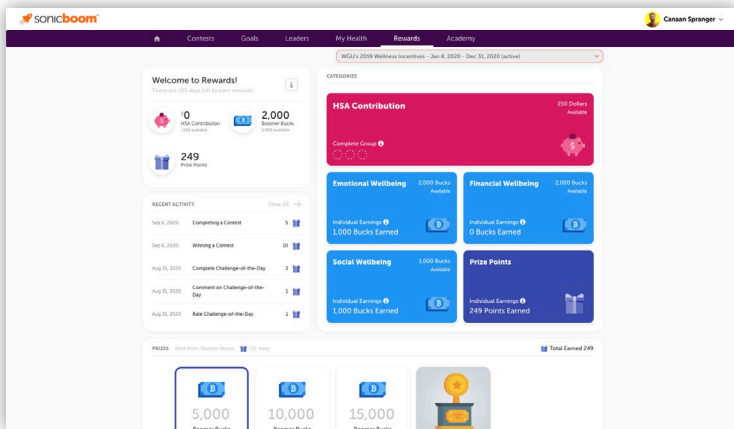
GOALS – view progress toward the goals set by your employer, and select additional personal goals or trackers to **ADD** to your profile.



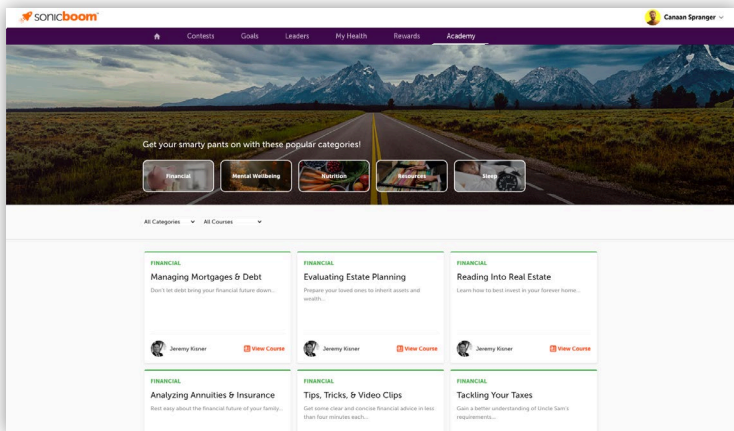
LEADERBOARDS – monitor your progress compared to your peers, and work to improve your rankings!



MY HEALTH – if your company participates in biometric screenings, health assessments, and/or lifestyle coaching, you can track your progress on 'em all within this dash.



REWARDS – see which goals/activities you've completed vs. what you still need to complete – and track your progress toward earning the corresponding rewards – all in one spot! (If your employer participates in Boomer Bucks, you'll be able to see your Bucks balance and access the prize catalog here.)



ACADEMY – the Sonic Boom Academy offers helpful articles, videos, and other self-paced educational content on optimal nutrition, financial wellbeing, and more!

That covers the basics ... now dive in and have some **FUN** together!