



**Welcome To Your Be Well 4 Life Program!**

Below you will find instructions on how to register for the program to earn credits towards your health benefits.

Questions?

Ask any Human Resources teammate!

Welcome to Adient Benefits

User Name

Password

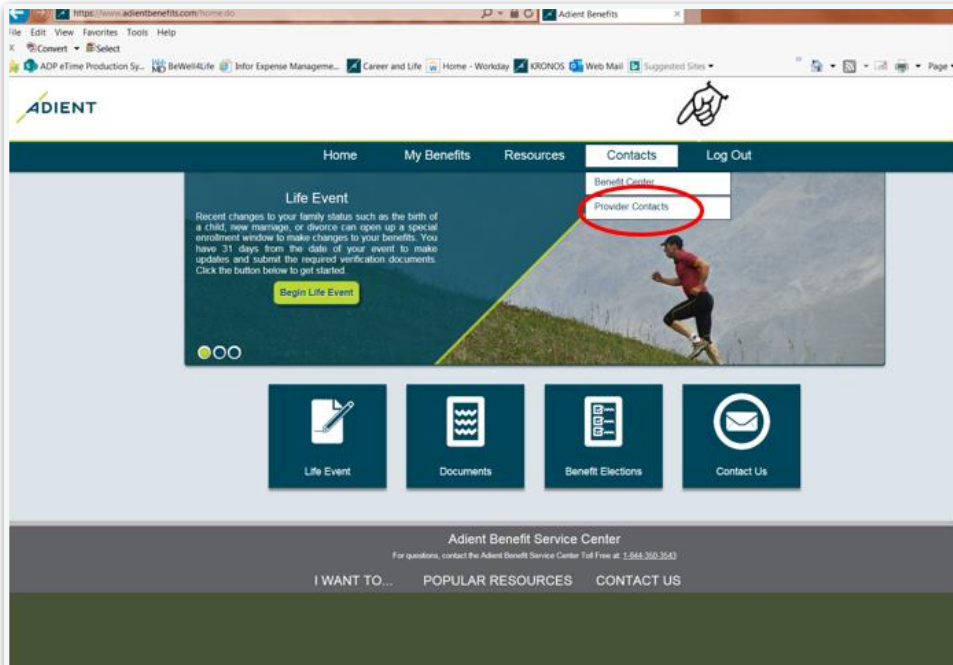
To Start, go to the website below:

[www.adientbenefits.com](http://www.adientbenefits.com)

- **First Time Registration?**
  - **User Name:** your global ID or your employee number (*this will always be your username*)
  - **Password:** Capital letter "A" followed by your DOB and the last 4 digits of your SSN.

- **Need to Reset Password?**
  - Please note the default is the capital letter A followed by your eight digit date of birth and the last four digits of your social security number.

*Example:*  
*Date of Birth: 01/01/1970*  
*Last four of SSN: 1234*



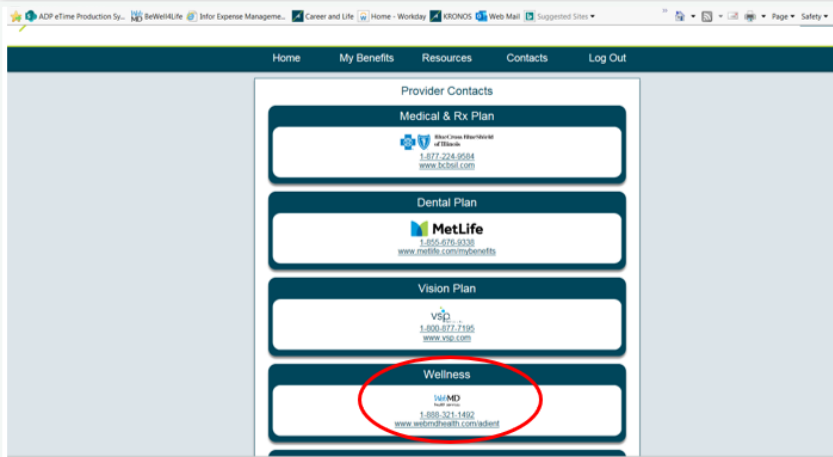
**This is the main benefits website...**

In order to get to the Be Well 4 Life site, you'll need to click on:

"Contacts"

then

"Provider Contacts"



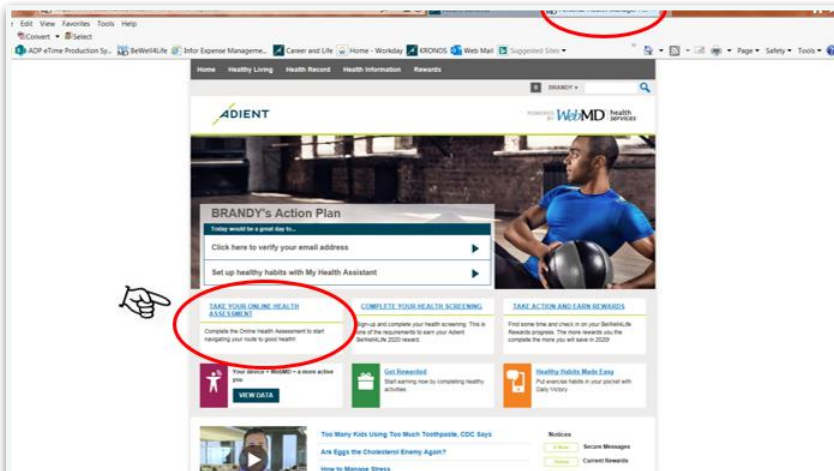
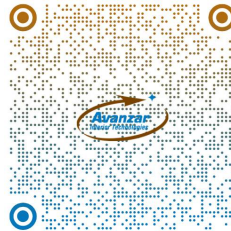
## Find the “Wellness Section”

Click on the web link below the WebMD phone number

This will direct you to the Be Well 4 Life website and it should log you in automatically

- *In the rare case you are asked to create a login, please create your own username and password (keep in a safe place for next year)*

Getting to the BW4L website...



Once you clicked the link to the website, it will open a second tab for you at the top of your page.

Now you can click on:

“Take your Online Health Assessment”



You are officially on the BW4L website!