

looking after you always



Step by step guide for registering for
Your Wellbeing Portal
Non-Laya Members



Layahealthcare.ie/wellnesslogin

Step 1

Register your account on www.layahealthcare.ie/wellneslogin

Log in / register as: Wellbeing only

Already registered?

Email

Password

[Forgot password?](#)

Click [here](#) to review Wellbeing only Terms & Conditions

We've made some important changes to our [Data Privacy Notice](#), under the new General Data Protection Regulation.

[Login](#)

New to Your Wellbeing?

With "Your Wellbeing" you can take control of your health and wellbeing journey. By logging in, you can:

- Book health and wellbeing events at work in real-time (up to date) and see what exciting events are coming up
- Track your stats – see all your important health data at a glance to help you stay healthy
- Motivate yourself with inspiring articles, tips and information to help you stay on track

[Register](#)



Step 2

Enter the Group ID provided by your HR Team and enter the required details

The screenshot shows the Laya Healthcare website's registration page. At the top, there is a navigation bar with the Laya Healthcare logo (noted as 'proudly part of A&P'), contact information (021 932 2600), and links for 'Contact Us', 'Login', and 'Register'. Below the navigation bar, there are menu items: 'Join Laya', 'Members', 'Employers', 'Help', 'Why Laya?', 'Clinics', and a search bar. The main content area is titled 'Register for a new Wellbeing account' and includes a sub-note: 'We just need a few details from you to register your account.' The registration form contains the following fields and sections:

- Group ID***: A text input field.
- Please check with your employer, if you do not have this**: A note below the Group ID field.
- Title***: A dropdown menu with 'Choose Title' selected.
- First name*** and **Last name***: Two text input fields.
- Date of birth*** (YYYYMMDD): A text input field with the example 'dd/mm/yyyy'.
- Your email address***: A text input field.
- Phone (mobile preferred)***: A text input field.
- Current insurer** and **Current plan**: Two dropdown menus.
- Address***: A text input field.
- Address***: A second text input field.
- Town or city*** and **County***: Two text input fields.
- Country**: A dropdown menu with 'Ireland' selected.
- Postcode**: A text input field.
- Don't miss out**: A section with a note: 'Over 100,000 of our members have already signed up to get regular updates from us on exclusive benefits and services that you are entitled to access as a Laya Healthcare member.' It includes a checked checkbox for 'No spam' and a note: 'Just exclusive offers, and tips to help you squeeze the most out of your Laya Healthcare membership.' Below this is a note: 'From time to time we'll send e-quick-updates by email, e-newsletter, post, SMS or other electronic means.' It includes two radio button options: 'Sounds good - yes, please keep me in the loop' (selected) and 'No thanks - I don't want any updates on offers or benefits from Laya'.
- Don't worry if you change your mind we can unsubscribe at any time**: A note.
- New password***: A text input field.
- Confirm password***: A text input field.
- I accept the terms and conditions**: A checkbox.
- I agree to Laya Healthcare using my details to create my account**: A checkbox.
- We've made some important changes to our [Data Privacy Notice](#), under the new General Data Protection Regulation.**: A note.
- Register**: A pink button.

Below the form, there is a feedback section: 'How useful was this page?' followed by five star icons. At the bottom of the page, there is a footer with 'Need help?', 'FAQ Contact us', 'Contact with us' (with social media icons for Facebook, Twitter, LinkedIn, and Pinterest), and a list of links: 'About Laya', 'Health Insurance', 'Life Insurance', 'Travel Insurance', 'Chat', 'Careers', 'Media', 'Privacy Policy', 'Cookie Policy', 'Terms of Business', and 'Terms of use'.

Step 3

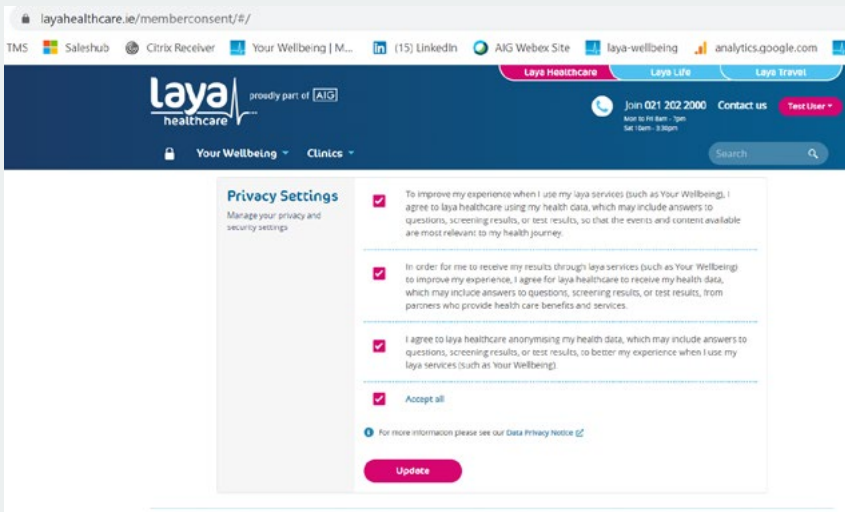
Activate your account by clicking on the email sent to your above email address

Step 4

Login using the details you provided above

Step 5

Complete your privacy and consent options



The screenshot shows a web browser window with the URL `layahealthcare.ie/memberconsent/#/`. The browser's address bar and tabs are visible, showing various open pages like 'Saleshub', 'Citrix Receiver', and 'Your Wellbeing | M...'. The Laya Healthcare website header is dark blue with the logo 'laya healthcare proudly part of AIG' on the left. On the right, there is a user profile section with a clock icon, the text 'Join 021 202 2000', 'Contact us', and a 'Test User' button. Below the header, there are navigation links for 'Your Wellbeing' and 'Clinics', and a search bar. The main content area is titled 'Privacy Settings' and contains a list of consent checkboxes, all of which are checked. The text for these checkboxes includes: 'To improve my experience when I use my Laya services (such as Your Wellbeing), I agree to Laya Healthcare using my health data, which may include answers to questions, screening results, or test results, so that the events and content available are most relevant to my health journey.', 'In order for me to receive my results through Laya services (such as Your Wellbeing) to improve my experience, I agree for Laya Healthcare to receive my health data, which may include answers to questions, screening results, or test results, from partners who provide health care benefits and services.', 'I agree to Laya Healthcare anonymising my health data, which may include answers to questions, screening results, or test results, to better my experience when I use my Laya services (such as Your Wellbeing).', and 'Accept all'. At the bottom of the form, there is a link for 'For more information please see our Data Privacy Notice' and an 'Update' button.

layahealthcare.ie/memberconsent/#/

TMS Saleshub Citrix Receiver Your Wellbeing | M... (15) LinkedIn AIG Webex Site laya-wellbeing analytics.google.com

Laya Healthcare Laya Life Laya Travel

laya healthcare proudly part of AIG

Join 021 202 2000 Contact us Test User

Your Wellbeing Clinics

Search

Privacy Settings

Manage your privacy and security settings

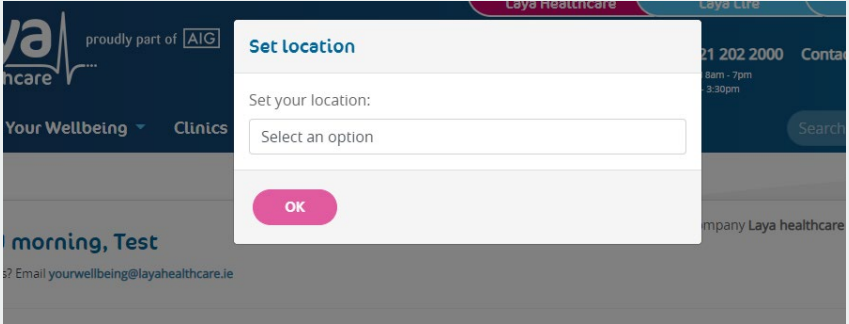
- To improve my experience when I use my Laya services (such as Your Wellbeing), I agree to Laya Healthcare using my health data, which may include answers to questions, screening results, or test results, so that the events and content available are most relevant to my health journey.
- In order for me to receive my results through Laya services (such as Your Wellbeing) to improve my experience, I agree for Laya Healthcare to receive my health data, which may include answers to questions, screening results, or test results, from partners who provide health care benefits and services.
- I agree to Laya Healthcare anonymising my health data, which may include answers to questions, screening results, or test results, to better my experience when I use my Laya services (such as Your Wellbeing).
- Accept all

[For more information please see our Data Privacy Notice](#)

Update

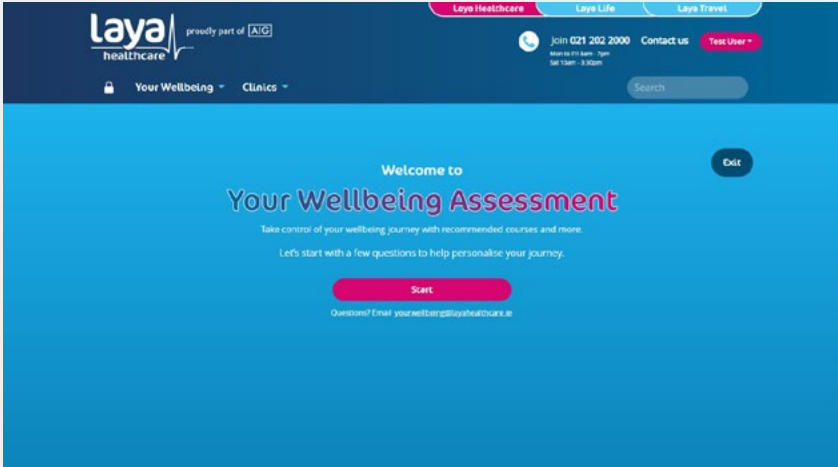
Step 6

Select your site location from the drop down menu



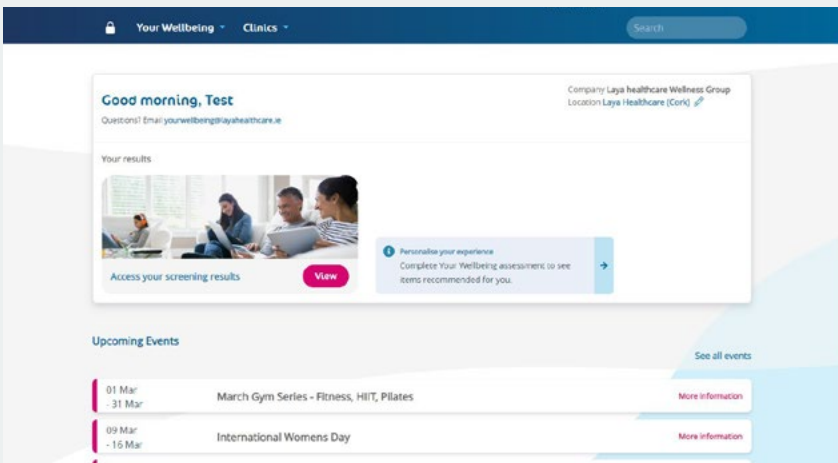
Step 7

Complete Your Wellbeing Assessment to personalise your portal or press exit to complete at a later stage



Step 8

Click 'See all events' to access the events section of the portal where you can also access the Digital Gym and Wellbeing Series



Step 9

Click more information next to the event you wish to attend

The screenshot shows the Laya Healthcare website interface. At the top, there is a navigation bar with the Laya Healthcare logo (prviously part of AIG), contact information (Join 021 202 2000, Contact us, Test User), and a search bar. Below the navigation bar, there are tabs for 'Your Wellbeing' and 'Clinics'. The main content area is titled 'Events' and has sub-tabs for 'Upcoming', 'Booked', and 'Past'. A list of 'Upcoming Events' is displayed, including 'March Gym Series - Fitness, HIIT, Pilates', 'International Womens Day', 'World Sleep Day', 'Inclusivity', 'Neurodiversity', 'Managing Stress', 'Nutrition in the Workplace', 'HIIT with Niamh Cullen', 'Nurturing Mental Health with Dr.Eddie...', 'Best Version of Yourself with Laura Jor...', and 'Financial Wellbeing with Eoin McGee'. A detailed view for the 'March Gym Series - Fitness, HIIT, Pilates' event is shown on the right, indicating it is a digital event on 01 MARCH from 08:00 - 23:00. The footer contains 'Need help?' with links to FAQ and Contact us, social media icons, and 'About Laya - Health Insurance, Life Insurance, Travel Insurance' with links to Our story, Our board, Careers, Media, Privacy policy, Cookie Policy, and Terms of business. Logos for 'Member of the Health Insurance Authority' and 'Partners in Diversity GOLD' are also present, along with the copyright notice '© Laya Healthcare'.



Step 10

Browse Digital Gym or Wellbeing Series events

The screenshot shows the Laya Healthcare website interface. At the top left is the Laya Healthcare logo, with 'primary part of HSE' written below it. The top navigation bar includes 'Digital Clinics', 'eLearning', and 'wellbeing studio'. The main content area is titled 'Digital Gym' and features a paragraph describing live and on-demand fitness classes. Below this are three buttons: 'Weekly Timetable', 'Classes', and 'Training Plans'. The 'Weekly Timetable' section displays a calendar for March 14-18, 2023, with class names and times for each day. Below the calendar are buttons for 'See previous week' and 'See next week'. The 'Wellbeing Series' section includes a paragraph about the series and a button to 'Enter Wellbeing Series', accompanied by an image of a person running with a dog in a field. The footer contains links for 'Need help?', 'Connect with us' (social media icons), and 'About Laya' (Health Insurance, Life Insurance, Travel Insurance), along with 'Our story', 'Our board', 'News', 'Careers', 'Media', 'Privacy Policy', and 'Terms and Conditions'.

laya
healthcare primary part of HSE

Digital Clinics eLearning wellbeing studio

Digital Gym

Our Digital Gym gives you access to live and on demand fitness classes, with a weekly schedule to choose from. All classes are delivered by experts who will demonstrate a safe and maintainable way to tackle fitness at home. Our team of wellbeing experts are passionate about health & fitness. All of our coaches are handpicked and all come from a wide spectrum of expertise, reflecting the diversity of different sports and exercises around.

Weekly Timetable Classes Training Plans

MON 14 MAR	TUE 15 MAR	WED 16 MAR	THU 17 MAR	FRI 18 MAR
HIT the Ground Running 08:00 - 08:30	Barre for Beginners 08:00 - 08:30	Wake Up & Flow Yoga 08:00 - 08:30	Yoga Advanced 08:00 - 08:30	Family Dance Fit 08:00 - 08:30

See previous week See next week

Wellbeing Series

In the Wellbeing Studio, this year is more exciting and relevant than ever before. Instead of following a monthly theme, this series this year will focus on key days in the national and international health and wellbeing calendars and social calendars.

Enter Wellbeing Series

Need help?
Logout FAQ Contact us

Connect with us
f t y i n p

About Laya - Health Insurance - Life Insurance - Travel Insurance
Our story Our board News Careers Media Privacy Policy Terms and Conditions

For any issues or queries, please contact yourwellbeing@layahealthcare.ie

Wellbeing Series

April 2022

To kick off the month of April, we are marking World Autism Day, where we will explore neurodiversity in relation to Autism in adults. Next, with April being Stress Awareness Month, we'll learn about recognising and dealing with stress. As many of us return to the commute to work, we can often develop bad habits surrounding food, so we'll focus on making healthier choices at work. Finally, we will be celebrating Workplace Wellbeing Day which falls on 27 April, with 4 separate sessions.

[See previous series](#)

Virtual events

Upcoming virtual events you can take part in

06 Apr	12:00 - 12:40	Neurodiversity	More information >
13 Apr	12:00 - 12:40	Managing Stress	More information >
20 Apr	12:00 - 12:40	Nutrition in the Workplace	More information >
27 Apr	06:00 - 08:30	Morning HIIT & Meditation	More information >
27 Apr	10:00 - 10:40	Nurture your Mental Health in the Workplace	More information >



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In the interest of customer service, calls are recorded and monitored. Webchat also available.



info@layahealthcare.ie



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