How to Register for Employee Health & Wellbeing Programs

**Step 1:** Go to [https://recreation.udel.edu](https://recreation.udel.edu) & click 'log in'

**Step 2:** Click 'CAS' and enter your UDID and pin OR username and password to log in

**Step 3:** Scroll down and click on "Employee Health and Wellbeing" under navigation

**Step 4:** On the left menu under 'Classification', click on 'Wellbeing Programs (Employee)'

**Step 5:** Click on a program to sign-up or view more details.

**Step 6:** Click 'register' for the program you want to attend

**Step 7:** Follow the 'check out' process in the shopping cart.

If you need assistance please contact Employee Health & Wellbeing at wellbeing@udel.edu or 302-831-8388