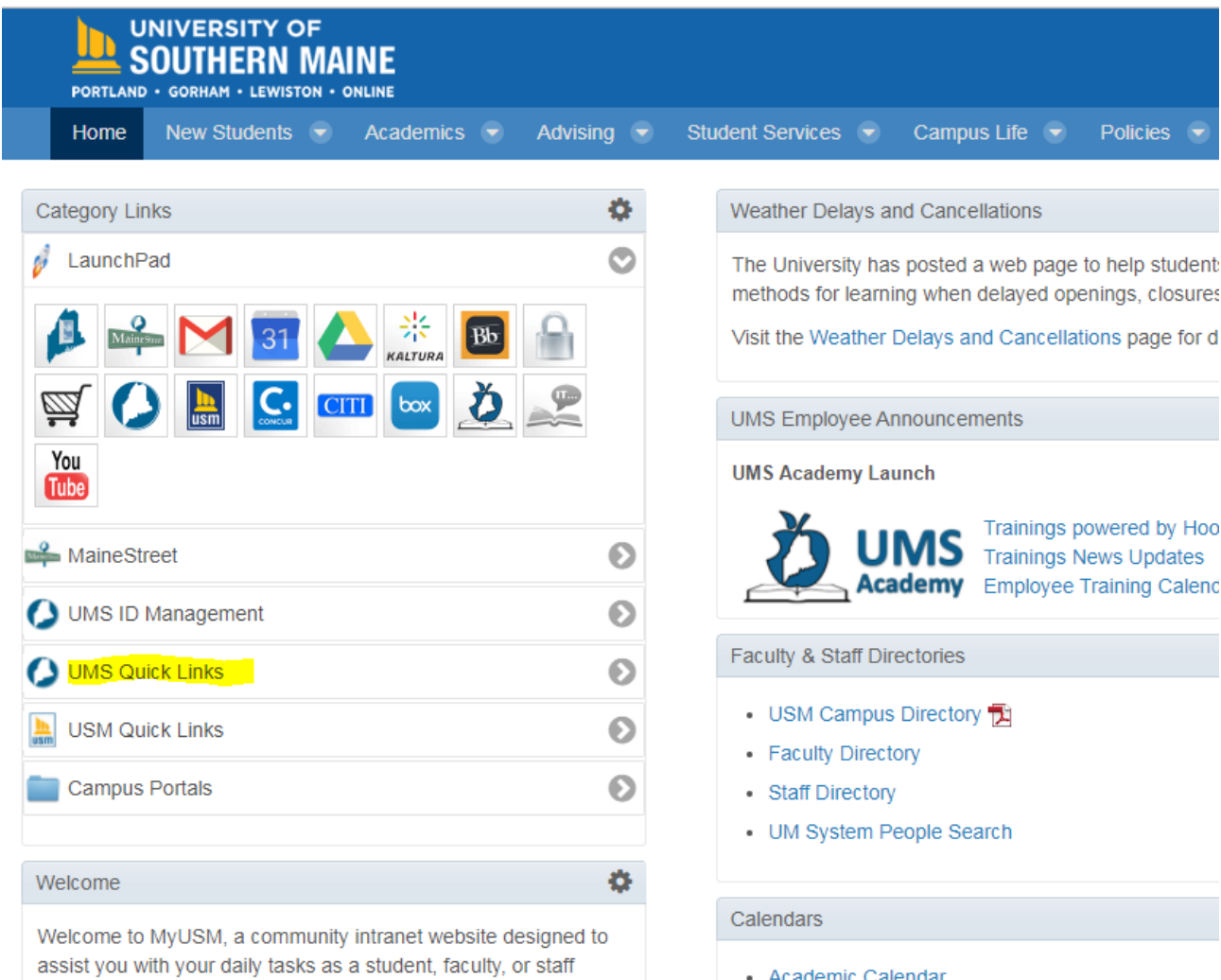


How to access your online RiseUp account in the Provant Portal & check your status:


- You can log in through the My Campus Portal, or directly through this link: <https://riseup.provantone.com>
 - **If you do not know your RiseUp username and password, follow the instructions on the log in page, or call the Employee Benefits Center at 207-973-3373 or benefits@maine.edu for assistance.*


- If you use the My Campus Portal, you can locate the link to RiseUp from the Home page under UMS Quick Links:





**UNIVERSITY OF
SOUTHERN MAINE**
PORTLAND • GORHAM • LEWISTON • ONLINE


Home New Students Academics Advising Student Services Campus Life Policies


Category Links 


LaunchPad 


MaineStreet 

UMS ID Management 

UMS Quick Links 

USM Quick Links 

Campus Portals 

Welcome 

Welcome to MyUSM, a community intranet website designed to assist you with your daily tasks as a student, faculty, or staff


Weather Delays and Cancellations

The University has posted a web page to help student methods for learning when delayed openings, closures


Visit the [Weather Delays and Cancellations](#) page for d

UMS Employee Announcements

UMS Academy Launch

 **UMS Academy** Trainings powered by Hoo
Trainings News Updates
Employee Training Calenc

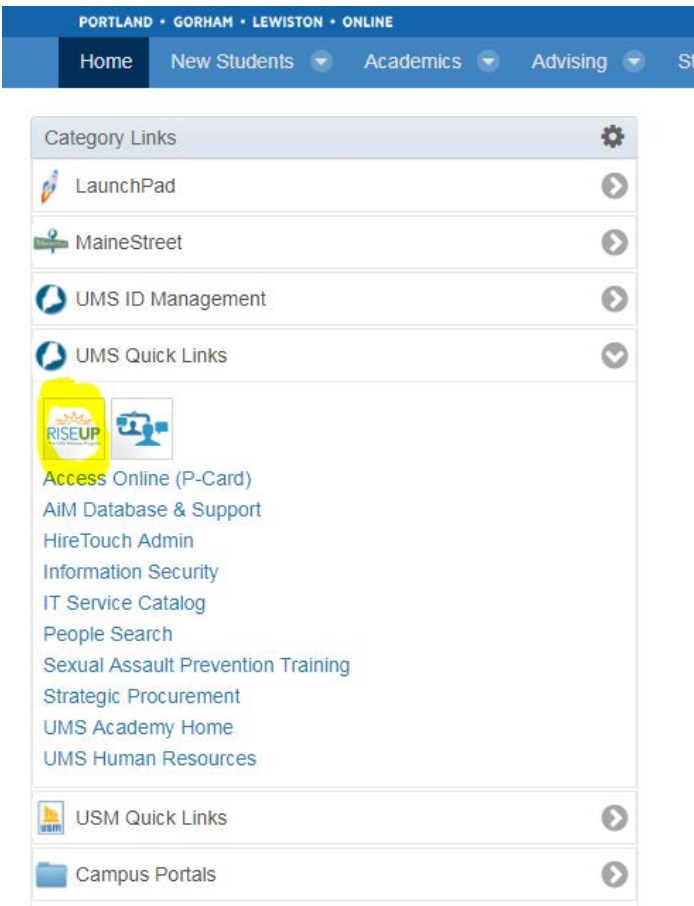
Faculty & Staff Directories

- [USM Campus Directory](#) 
- [Faculty Directory](#)
- [Staff Directory](#)
- [UM System People Search](#)

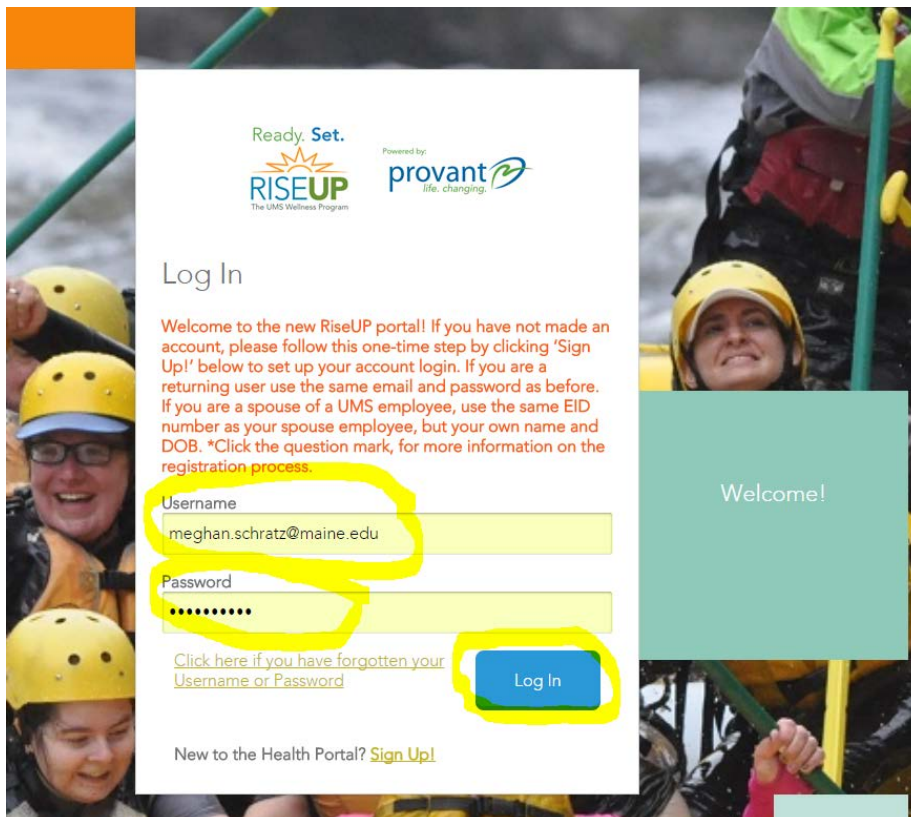
Calendars

- [Academic Calendar](#)

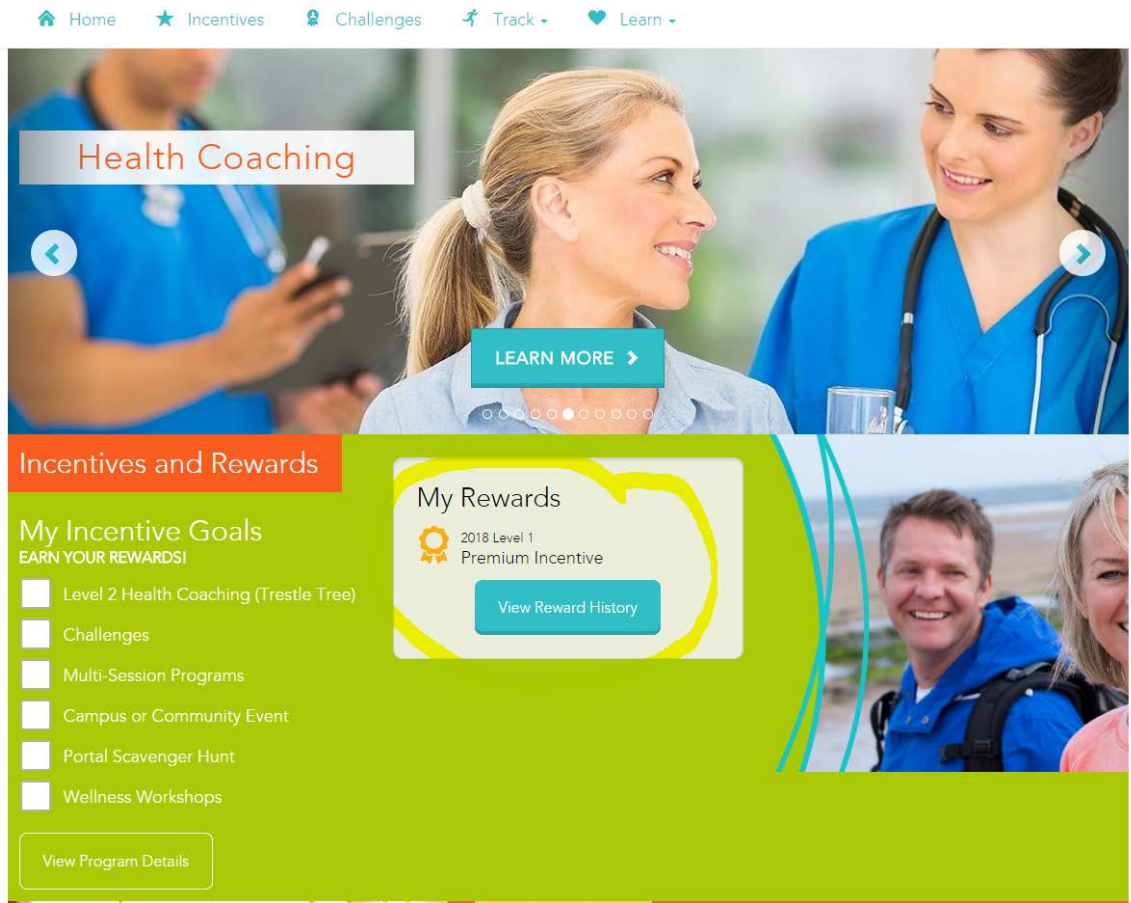
- Then, click on the RiseUp Icon option:



- At the landing page, enter your username and password and click “Log In” button:



- Once Logged in, you can see on the landing page, underneath the scrolling introduction section, if you have any rewards in the program, including if you have checked the Level 1 box yet:



- You can also confirm by clicking “Incentives” at tab at the top of the screen:



- You can confirm your rewards here, and view a quick summary of how to check the boxes to continue with the Wellness Program under “Program Overview”:

The screenshot displays the user interface for the Wellness Program. At the top, a navigation bar includes links for Home, Incentives, Challenges, Track, and Learn. Below this is a banner with the text "Welcome to your Incentive Program!" and a photo of a woman in a park. The main content area is titled "Program Overview" and contains two primary sections: "Welcome to the 2018 RiseUp Wellness Program!" and "My Rewards".

The "Welcome to the 2018 RiseUp Wellness Program!" section is highlighted with a yellow bracket and contains the following details:

- Level 1: Complete one of the following activities to earn premium incentive*
 - Have a preventive screening exam
 - Complete coaching session with Trestle Tree
- Level 2: Complete one of the six activities below to earn \$100:
 - Health Coaching program (Trestle Tree)
 - Complete ONE of the four challenges
 - Participate in an approved Campus Community Event
 - Participate in an approved Multi-Session Program
 - Complete any 1 workshop (must be two or more sessions)
 - Complete the portal scavenger hunt

A note at the bottom of this section states: "**Level 1 must be complete by April 30, 2018 to earn maximum premium incentive."

The "My Rewards" section is highlighted with a green oval and shows "2018 Level 1" with a "Premium Incentive" label and a "View Reward History" button.

Below these sections is a "Campaigns (Press to Select)" section with a "Show all" link. It features three campaign cards:

- CURRENT**: 2018 Level 2, Year: 2017, with a "SELECTED" label.
- COMPLETE**: Level 1, Year: 2016.
- COMPLETE**: 2017 Level 1, Year: 2016.

- Do you still have questions? Are you missing a Reward? Contact the Employee Benefits Center at 207-973-3373 or benefits@maine.edu.