



Portal Registration



Welcome to STATE OF HEALTH

Create your STATE OF HEALTH portal account and begin today!

The purpose of the STATE OF HEALTH wellness program is to provide you with the tools and resources you need to achieve your optimal state of health.

By creating an account in the portal, you will have access to the wellness program and fitness services that are offered to all State of Colorado employees who are Cigna or Kaiser Permanente health plan members. A complete description of the STATE OF HEALTH program can be found on the program website listed below.

To participate, employees must complete the program application as the first step. Once you have submitted your application, you will receive instructions on how to create your secure portal account.

Creating your account begins with receiving the pathway link from a health coach or the portal administrator. Get started by clicking on the link you have received and complete the forms.

Complete these forms:

1. Review and acknowledge the Disclaimer, Terms of Use and Privacy Policy
2. Complete the program registration step
3. Review and acknowledge the Fitness Channel Waiver & Release of Liability

Once you have completed the required forms, you can start your STATE OF HEALTH program.

Helpful Links and Information

STATE OF HEALTH program website:

<https://coloradostateofhealth.com/>

STATE OF HEALTH portal login:

www.myhealthbreak.com/go/StateofHealth

Prefer mobile? Download the client mobile app for [Android](#) and for [iOS \(Apple\)](#) devices



Need help? Contact us at statewellness@healthbreakinc.com