

SDPEBA.YourBestHealth.com Registration Instructions

The [SDPEBA Best Health well-being portal](#) recently underwent some significant updates and upgrades and will continue evolving to support SDPEBA and your personal well-being efforts. All features and functionality from the desktop version of Best Health are now mobile-responsive and now available on the Best Health mobile app!

All new and previous Best Health users (prior to 10/1/2020) are required to complete the steps below to access the new site. You may perform this process on a desktop computer or on the Best Health app on your mobile phone. Instructions for both methods are below.

From a web browser on a desktop computer

Visit sdpeba.yourbesthealth.com.

1. Click the Sign up button. This required for all users on first visit.
2. Enter your email address and click Submit. If you are a previous user, we recommend using the same email address you used previously when creating your Best Health profile.
3. Enter the activation code sent to the email address you provided and click Submit.
4. Enter your date of birth and "sdpeba" + employee number (example: sdpeba123456) then click Continue.
5. Confirm or create your login credentials.
 - a. Returning users, if you used the same email address (in Step 2) when you previously created your Best Health credentials, simply enter your password and click Sign In.
 - b. Returning users, if you did not use the same email address (in Step 2) when you previously created your Best Health credentials, complete all fields on the Create an Account page and then click Create Account.
6. Agree to the terms of use.

From the Best Health app on your mobile phone

Open the Best Health app or download the app from [App Store](#) or [Google Play](#).

1. When the organization search screen appears, type “s-d-p”, then select “SDPEBA Members”.
2. Click Sign Up.
3. Click the Sign up button.
4. Enter your email address and click Submit. If you are a previous user, we recommend using the same email address you used previously when creating your Best Health profile.
5. Enter the activation code sent to the email address you provided and click Submit.
6. Enter your date of birth and “sdpeba” + employee number (example: sdpeba123456).
7. Confirm or create your login credentials.
 - a. Returning users, if you used the same email address (in Step 3) when you previously created your Best Health credentials, simply enter your password and click Sign In.
 - b. Returning users, if you did not use the same email address (in Step 3) when you previously created your Best Health credentials, complete all fields on the Create an Account page and then click Create Account.
8. Agree to the terms of use.

iPhone and Apple Watch users are welcome to connect Apple Health directly to the Best Health app to conveniently track steps, activity minutes, etc. [More details](#).

Connect Your Other Activity Tracking Apps

We encourage you to connect your compatible wellness devices/apps (Fitbit, Garmin, Apple Health, etc.) at your convenience to sync your activity, steps, etc.

To directly connect [Apple Health to Best Health](#), please connect via the [Best Health app](#).

Please contact us at besthealth@sharp.com or 1-877-849-2363 if you have any questions.