

Welcome to the new Mayo Clinic Health Living online.

First time visitors to the site will need to register as a new user. Here are some instructions to assist you with registration.

1. Go to <http://MCMhealtholutions.com>
2. Click on "Create Your Account" under "New to online services?"
3. Complete all required fields
4. Review the Terms of Use Agreement. You must click "I agree" to continue with the registration process.
5. An email will be automatically sent to the address you provided. You must click on the link in the email to complete the registration process and gain access to the site. If you do not receive the account activation email within four hours, be sure to check your junk, spam, trash or delete folders for the automated message.