

Empower M.E. Set Up Instructions

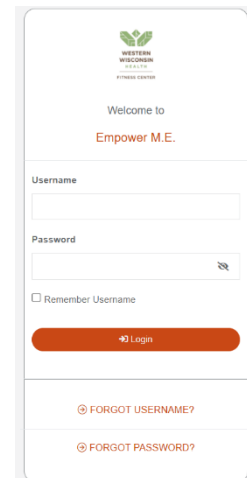
To set up the website as a tile on your device (this looks like an app on your home screen of your phone or tablet)

1. Scan the QR code or type in the address below in your web browser address line on your tablet or iPad



<https://www.ourclublogin.com/510787>

2. Do not enter any information on the page that pops up~ leave it blank while setting it up on your phone or tablet by following the instructions below

A screenshot of the Empower M.E. login page. At the top is the Western Michigan University logo. Below it, the text 'Welcome to Empower M.E.' is displayed. The page contains two input fields: 'Username' and 'Password'. Below the password field is a checkbox labeled 'Remember Username'. A large orange button with a white arrow and the word 'Login' is positioned below the checkbox. At the bottom of the page, there are two links: 'FORGOT USERNAME?' and 'FORGOT PASSWORD?'. The entire page is enclosed in a light gray border.

~ Apple

- In Safari, go to the login page or scan QR code
- At the bottom of your screen click the middle or “share” button.
- Scroll down to “Add to Home Screen”
- Type in the name you want to appear for this tile.
- Click Add at the top of the screen.
- This tile will appear on your Home Screen and will look like an App. Click this to go directly to the portal to register for classes or schedule an appointment.

~ Android

- In your browser, go to the login page.
- At the top right of your screen, click the 3 vertical dots.
- Click “Add to Home Screen”
- Type in the name you want to appear for this tile.
- Click “Add.”

3. First time accessing your account on your phone, tablet, iPad or computer
(if you are a new member, you will need to do your initial set up in person at the Fitness Center front desk)

~Option 1: Open the website by clicking on the tile you just set up on your phone
(this looks like an app on your homescreen)

~Option 2: Scan/hover over the QR Code with your camera app on your phone or tablet and click on the link that pops up on your screen



~ Option 3: Type in the address below in your web browser address line on your computer or tablet

<https://www.ourclublogin.com/510787>

~Choose “*Forgot Password*” at the bottom and look for an email from NoReply@jonasfitness.com in your inbox or spam folder and follow the instructions

A screenshot of a mobile login interface. At the top is the logo for Western Wisconsin Health Fitness Center. Below it, the text "Welcome to Empower M.E." is displayed. The login form includes a "Username" field with a yellow highlight, a "Password" field with a toggle icon, and a "Remember Username" checkbox. A red "Login" button is positioned below the fields. At the bottom, there are two links: "FORGOT USERNAME?" and "FORGOT PASSWORD?", with the latter highlighted by a yellow box.

a.

N

NoReply@jonasfitness.com

To: ● [REDACTED]

Fri 9/5/2025 1:45 PM

😊 ↶ ↷ ↲ ↳ 📧 ...

Dear [REDACTED]

Please click on the following link to reset your password
<https://www.ourclublogin.com/changepassword/510787/ab186a31-fa9d-4615-ace8-908ea008c9cb>

Please note that the password is active for 24 hours from the time this email notification was generated.

Thank you,
Western Wisconsin Health

↶ Reply

↷ Forward

b.

- UPDATE PASSWORD -

REQUIRED STEP

We take security very seriously and because of that, we have a few password rules:

- Must meet the requirements listed below the input box
- Must not contain your username
- Your 5 previous passwords cannot be used
- Cannot use the same password that was used in the last 6 months

New Password

✗ 8 to 32 alphanumeric characters

✗ 1 lowercase letter

✗ 1 uppercase letter

✗ 1 number

✗ 1 special character

✓ No spaces

✓ Does not contain the word 'password'

Confirm Password

Change Password

c.

✔

Saved!

Your password has been updated in our system.

OK

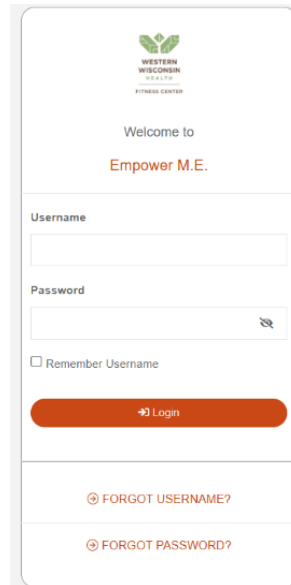
© FURGOT USERNAME7

You should be able to log in to your account with your username (5-digit number on the back of your membership card) and password now.

Scheduling IE Pool Times:

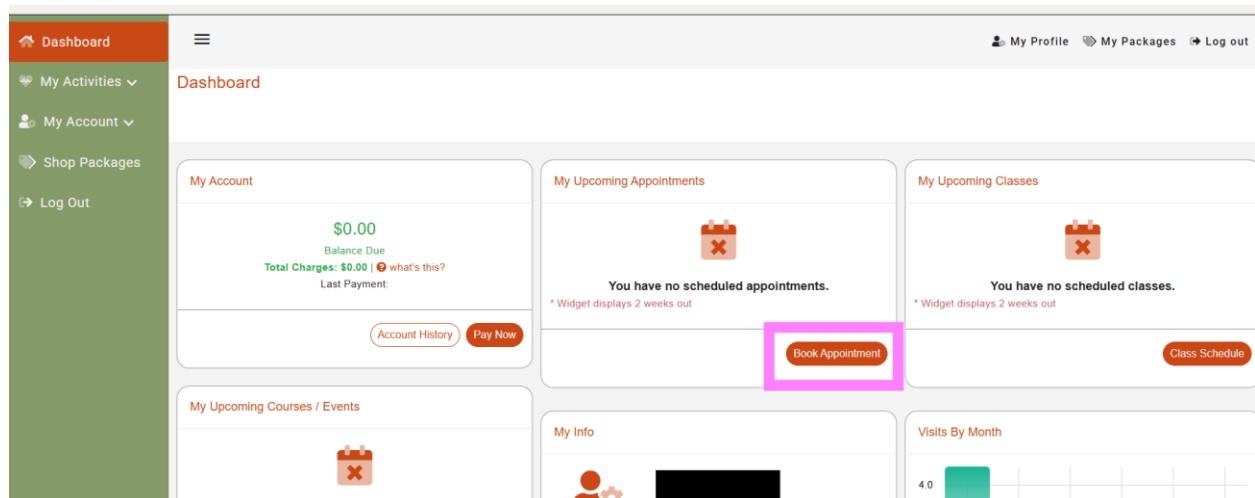
(Recommended way to access your account is via computer)

1. Login to EME (Empower M.E.) with your username (5-digit number on the back of your membership card) and password



The login form for Empower M.E. features the Western Wisconsin Health Fitness Center logo at the top. Below the logo, it says "Welcome to Empower M.E.". The form includes fields for "Username" and "Password", a "Remember Username" checkbox, and a "Login" button. At the bottom, there are links for "FORGOT USERNAME?" and "FORGOT PASSWORD?".

2. On your member dashboard~ click “Book Appointment”



The member dashboard is displayed with a green sidebar on the left containing navigation links: Dashboard, My Activities, My Account, Shop Packages, and Log Out. The main content area is titled "Dashboard" and features several widgets. The "My Account" widget shows a balance due of \$0.00 and a "Pay Now" button. The "My Upcoming Appointments" widget displays a calendar icon and a "Book Appointment" button, which is highlighted with a pink box. The "My Upcoming Classes" widget shows a calendar icon and a "Class Schedule" button. The "My Upcoming Courses / Events" widget shows a calendar icon. The "My Info" widget displays a profile picture and a "My Profile" link. The "Visits By Month" widget shows a bar chart with a value of 40.

3. Pink highlighted sections on the right should say the following:

Step 1: Select Location

Western Wisconsin Health

Step 2: Select Category

Independent Exercise

Step 3: select Product

Independent Exercise

~blue squares on the calendar are available days to schedule.

- If there are no blue squares, that means there is ***no availability*** for that day. You can always call our fitness center front desk to double check times if you'd like or check online the day of for any openings, as we do have many cancellations each day.
- If you receive an error message or a pop up message when you try to click on a date, that just means you have already made an appointment for the pool for that day or there is nothing left that's available that day to schedule.

My Account ▾

Shop Packages

Log Out

Dashboard / Book Appointment

Calendar will display once all steps are complete.

Step 1: Select Location

Western Wisconsin Health ▾

Step 2: Select Category

Pool ▾

Step 3: Select Product

Independent Swim ▾

Step 4: Select Resource(s)

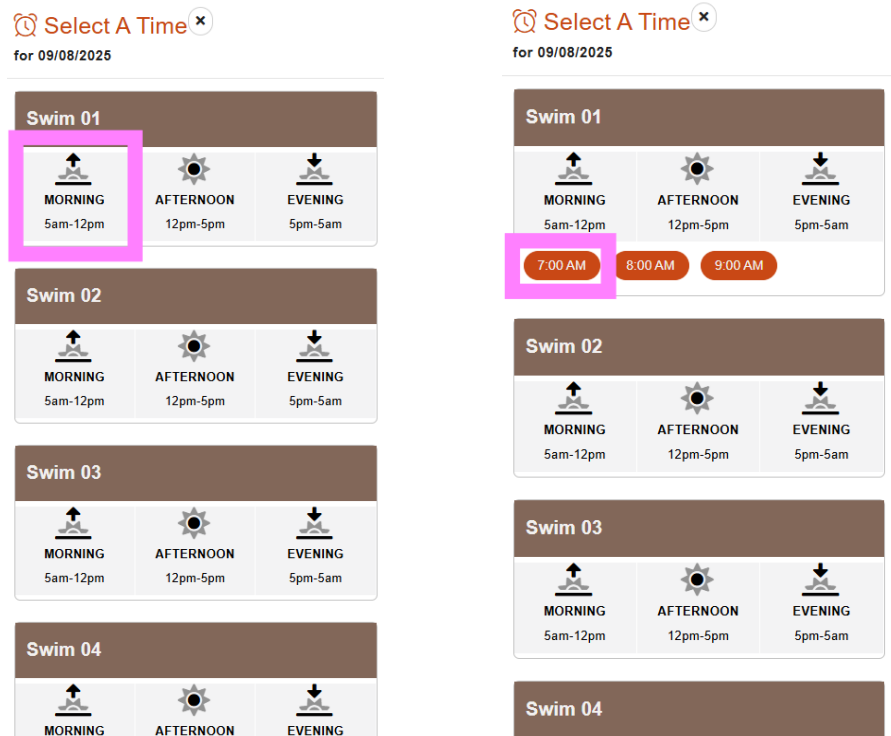
All Resources ▾

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	1	2	3	4

4. Click on a blue square day that you'd like to schedule and see this pop up on your screen

a. Click on "Morning", "Afternoon" or "Evening" to see available times



b. Click on which time you'd like to schedule and follow the instructions

i. Swim 01-Swim 06 are all times that are on the hour

o ` Example 7am, 8am and 9am

ii. Swim 07-Swim 12 are all times that are on the half hour

o Example 7:30am and 8:30am

c. Pop-up instructions



BOOK

Club: Western Wisconsin Health

Time: 09/08/2025 7:00 AM

Product: Independent Swim

Resource: Swim 01

This appointment is free!



d. You will receive an email confirmation

Independent Swim

🕒 Tue 9/9/2025 4:00 PM - 5:00 PM

📍 [Western Wisconsin Health](#)

☰ Dear [REDACTED]

Organizer

 Western Wisconsin Health

Your appointment has been booked as follows:

Appointment: 201
Club: Western Wisconsin Health
Participant(s) [REDACTED]
Book: Swim 01

Description: Independent Swim
Date: Tuesday, September 9, 2025
Time: 4:00 PM
Duration: 1 Hour 0 Minute

Your confirmation number is 201.

Thank you,

Western Wisconsin Health
(715) 684-1642

This is an auto-generated e-mail. Please do not reply to this e-mail. Contact the club for questions regarding this notice.

e. You will also see it on your member dashboard



 My Profile  My Packages  Log out

Dashboard

My Account

\$0.00

Balance Due

Total Charges: \$0.00 |  what's this?

Last Payment:

Account History

Pay Now

My Upcoming Courses / Events



You have no scheduled courses or events.

* Widget displays 2 weeks out

My Upcoming Appointments

09/09/2025 INDEPENDENT SWIM

4:00 PM

60 Min

Swim 01

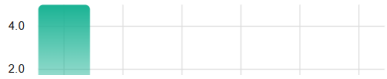
Western Wisconsin Health



* Widget displays 2 weeks out

Book Appointment

Visits By Month



My Upcoming Classes



You have no scheduled classes.

* Widget displays 2 weeks out

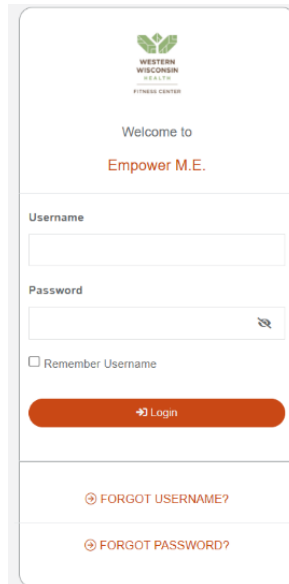
Class Schedule

My Info



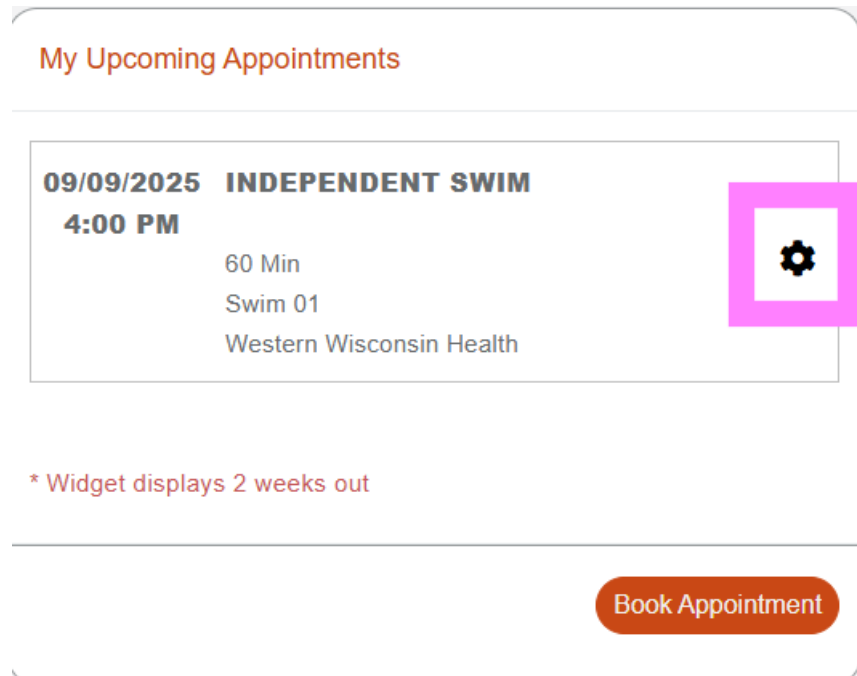
Cancelling IE Pool Times:

1. Login to EME (Empower M.E.)



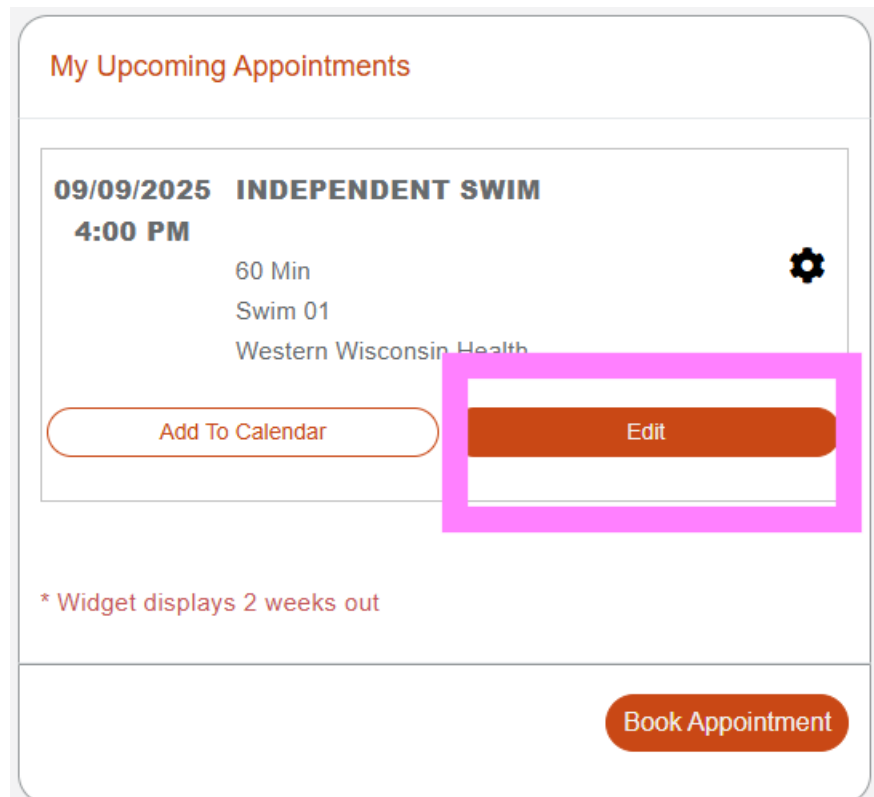
The login screen for Empower M.E. features the Western Wisconsin Health Fitness Center logo at the top. Below the logo, it says "Welcome to Empower M.E.". There are two input fields: "Username" and "Password". Below the password field is a checkbox labeled "Remember Username". A blue "Login" button is positioned below the checkbox. At the bottom, there are two links: "FORGOT USERNAME?" and "FORGOT PASSWORD?".

2. On your member dashboard, click the settings icon next to the appointment you'd like to cancel

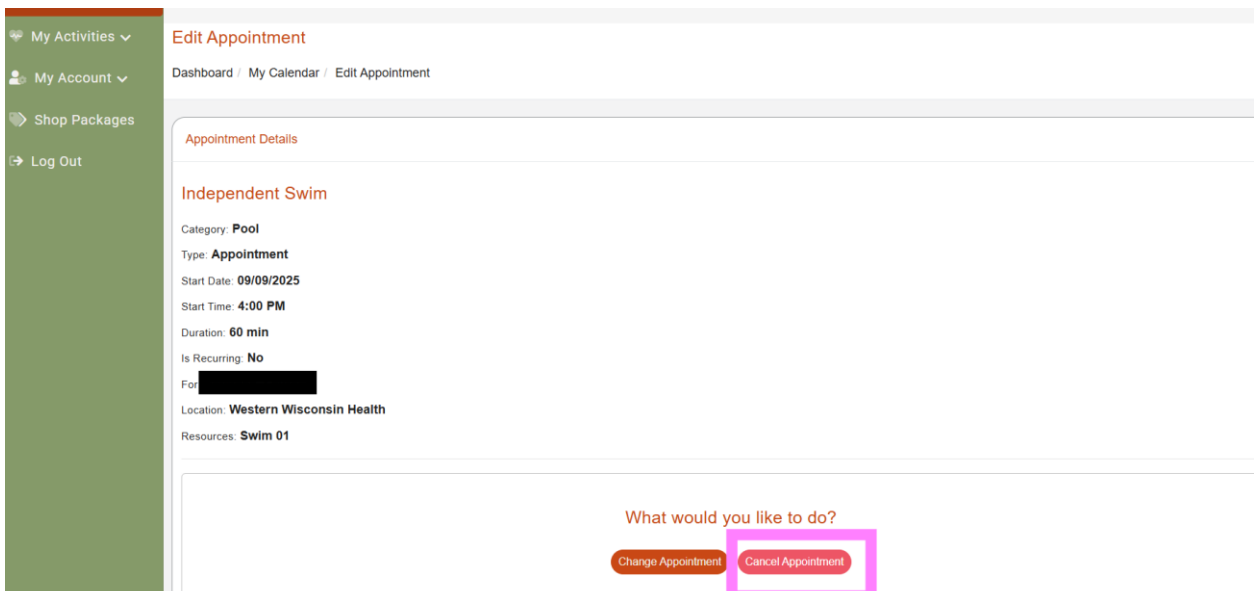


The member dashboard shows a section titled "My Upcoming Appointments". Below this title is a card for an appointment on "09/09/2025" at "4:00 PM". The appointment details include "60 Min", "Swim 01", and "Western Wisconsin Health". A settings icon (a gear) is located in the top right corner of the appointment card, highlighted by a red square. Below the appointment card, there is a note: "* Widget displays 2 weeks out". At the bottom right of the dashboard, there is a blue "Book Appointment" button.

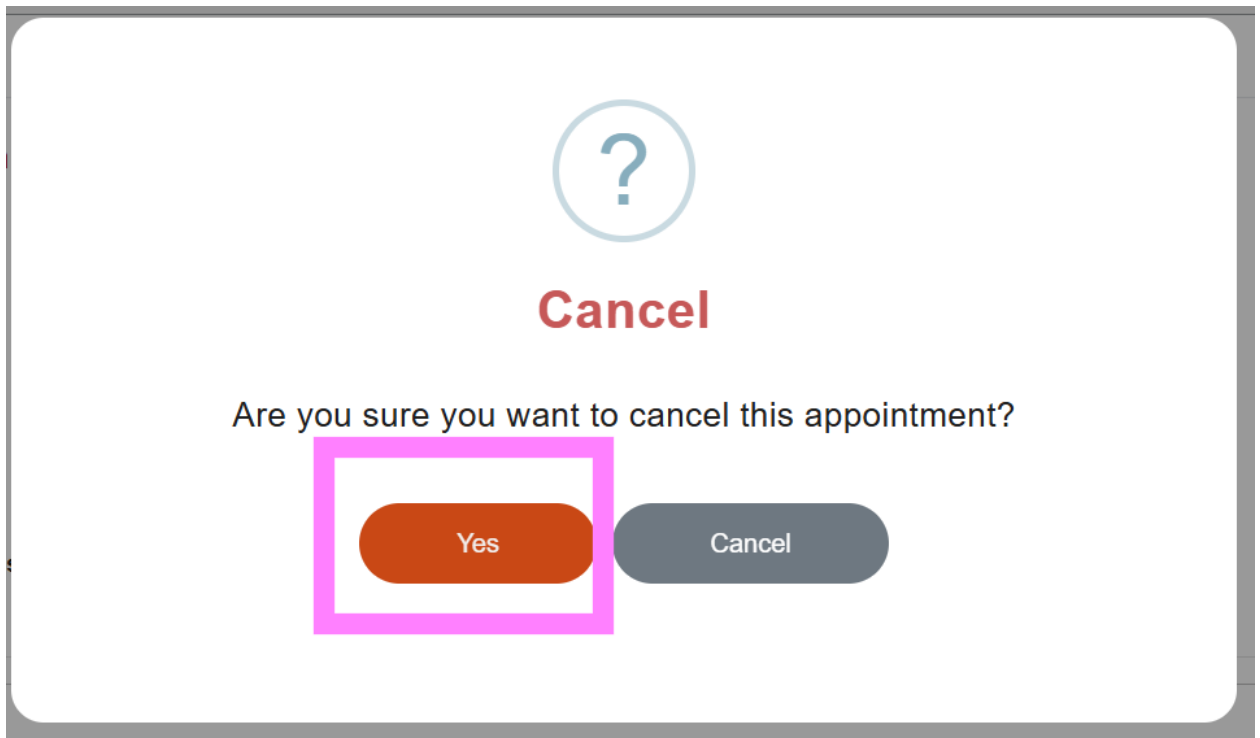
3. Click “Edit”



4. Click “Cancel Appointment”



5. Click “Yes” to confirm cancellation



6. You will receive email confirmation of the cancellation