

my health assessment

HOW TO GET STARTED ON YOUR JOURNEY TO WELL-BEING



Taking a health assessment is a quick and easy way to determine the current state of your overall health, and to figure out what steps you need to take now to improve your health in the future. After all, when you're healthy, you have the strength and confidence to be your true self.

Before you start taking your health assessment, be prepared to have the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. If you don't know these, you can answer, "I'm not sure," but answering all questions produces the best results.

Use the instructions below to access and register for *my health & wellness center* (the name of the webpage where the health assessment is located). If your spouse or child (age 18 or older) needs to take the health assessment they will need to register and take the assessment using the same instructions – they must register, create a personal account and complete their own health assessment to be counted toward completion.

Please note: A spouse or dependent will need to use the **subscriber's** Social Security Number (SSN) when registering – not their own SSN. They will also need to enter the **subscriber's** ZIP code. (The subscriber is the person who enrolled in the health plan). Reading all instructions carefully when registering will ensure the right information is being provided.

1. Go to group.mycareallies.com (or the applicable website address provided by your employer) and log in using the Group ID.
2. After you log in, select the "My Health Assessment" tab.

Within the "My Health Assessment" tab you will see related content and a link for the *my health & wellness center*. Remember to note your unique identification number instructions (if applicable). Select the *my health & wellness center* link.

3. When asked, "Have you previously taken a health assessment or signed up for a my health & wellness center account?"
 - Select "No/not sure," to proceed to registration.
 - Select "Yes," if you have registered and previously taken a health assessment, then click "Continue" and complete your log in.
 - NOTE: If you previously registered on *my health & wellness center* (where you took the health assessment) and your login ID and password combination is not working, try resetting your password using the "Forgot Your Password?" link on the login page.
4. If registering, complete all steps in the registration process and continue to the *my health & wellness center* homepage.
5. You can now take the health assessment.



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