

## Step 2: Complete the Online Health Assessment

- **Medical Mutual's online Health Assessment** is a confidential survey that asks questions about your current health, lifestyle, social, emotional, financial and spiritual status. The assessment helps you understand your current health status and identify health-related and/or well-being risk factors that may affect your health or quality of life. This questionnaire is completely confidential, and your individual responses will not be shared with your employer. This benefit is intended to help you better understand your risks and offer additional benefits, if applicable.
- Upon completion, you will receive **20 Rewards Points** and a personal wellness report that will demonstrate the areas you are doing well in, and areas that can be improved upon.

### To access the Health Assessment:

- A. Go to: [www.MedMutual.com/Wellness](http://www.MedMutual.com/Wellness)
- B. Log into My Health Plan: Use your existing My Health Plan user-name and password. If you cannot remember your My Health Plan user-name or password, you can reset it on this page by selecting "forgot user-name or password". (You will need to enter your ID number from your Medical Mutual insurance card and your date of birth.) If you have not yet registered for My Health Plan, you will need to register first and then follow the remaining instructions.

#### To register:

- Click "Register for an Account" under the "Not Registered?" heading.
- Enter the required information in each field on the Registration page. **Note:** You will need to create a user-name and password, which you will use each time you want to access the wellness portal.

**Note:** *if a spouse of the policy holder is participating in the program, they must log in with their own information to access their personal wellness portal.*

- C. Next, you will need to accept the terms. This is a legal requirement to let you know Medical Mutual is securely transferring you over to the wellness portal.
- D. Once you are on the wellness portal, you can access the Health Assessment from the homepage, Progress tab, or Rewards Points page.
- E. When you've completed all the questions, you will see your Health Assessment Score.

**If you need assistance with completing the Health Assessment, please call the Medical Mutual Help Desk at: (800) 294-7583.**