

## **STEP 2: ONLINE HEALTH ASSESSMENT**

**Deadline: Saturday, Aug. 31, 2019**

The online **Health Assessment** is one of the three steps that you must complete to qualify for the lower 2020 Wellness Participant medical premium rate. It can be completed on any computer or at an onsite biometric screening event.

- Click [here](#) to get started and [here](#) to view the 2019 Website User Guide.
- For easiest website access, use Google Chrome or Internet Explorer 11 or above.
- If you didn't previously log into the website, set up an account as a new user. Or, use the User Name and Password you previously created, if you have one. If you forget your User Name and/or Password, click on the links you'll see online. **Password reset information will be sent to the email address that you entered when you created your password.**
- Click on "Health Assessment" under your "To Do" list. Your Health Assessment takes 15 – 20 minutes to complete.
- If you do not know your current biometric measures, it's ok to indicate that you don't know. They will automatically update once the 2019 results are received by HealthFitness (within 48 hours for onsite, 10 days for Physician/AMS Forms).

**Complete all 3 Steps by the August deadlines!**