

Health assessment instructions

Complete the health assessment

Complete your health assessment and receive a personalized plan to guide you toward better health. The health assessment takes about 10 minutes to complete and asks a variety of questions about your diet, exercise, sleep, medical history and lifestyle to give you a complete picture of your health.



You'll need your most recent biometric results including blood pressure, total cholesterol (LDL, HDL, triglycerides) and blood sugar to receive accurate health suggestions.

If you are participating in a workplace wellness program through Security Health Plan, click *Rewards* on your WebMD homepage to find instructions for uploading biometric results from your preventive exam or workplace screening event to your health assessment. There, you can also learn how to earn your rewards.

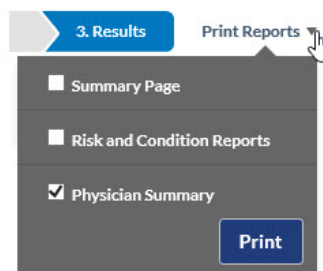
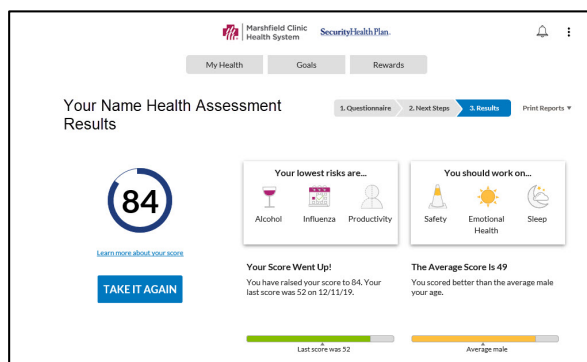
We promise confidentiality. The health assessment can be completed by Security Health Plan members and wellness program participants age 18 and older. The information you provide is confidential and protected by law. Security Health Plan will not make claims or eligibility decisions based on your personal health profile or share your information with your employer.

Step 1 – Log in to My Security Health Plan

1. Visit www.securityhealth.org/healthassessment and click *Register* if you're new to My Security Health Plan or *Get started* if you're already registered.
2. Follow the instructions to register or log in.

Step 2 – Take the health assessment

1. Once you've logged in to your My Security Health Plan account, click *Health Assessment* under Health and Wellness Services on the left side of the screen.
2. If this is your first time taking the health assessment, answer the questions on the next few screens to personalize your WebMD One experience.
3. After clicking *I accept* to the Terms of Use, click *Take it Now* to start the health assessment.
4. Complete the assessment questions, save and finalize your answers and click *Finish* to view your results.
5. Print your Physician summary and discuss it with your provider at your annual preventive exam.



Questions? Call Customer Service at 1-800-472-2363 (TTY 711).

Health tools customized for you

WebMD One can help you reach your wellbeing goals to be the best you. Customize your interests and goals to receive more personalized guidance and information.

The screenshot shows the user interface of the SecurityHealth Plan website. At the top, there is a navigation bar with the Marshfield Clinic Health System logo and the SecurityHealth Plan logo. Below the navigation bar are three tabs: "My Health" (selected), "Goals", and "Rewards". The main content area features a "Hello" greeting and a navigation menu with "Home", "Exercise", "Nutrition", and "EDIT". The "Because Nutrition Matters to You" section contains three promotional cards: "Get Our App" (with a clock icon), "Weight Management" (with a plate of food icon), and "Global Fit" (with a man drinking water icon). The "You Might Like" section contains three promotional cards: "Symptom Checker" (with a purple background), "Download the App!" (with a smartphone icon), and "Sync a Device or App" (with a fitness tracker icon).

Now that you have your health assessment results, talk with a health coach about your wellness

goals. It's no secret that health can help you enjoy more of the good things in life. Learn more about our free-to-members health coaching service by calling Customer Service at 1-800-472-2363 (TTY 711).

Fitness center discounts make getting physically fit more affordable

Security Health Plan offers members and wellness program participants access to GlobalFit. GlobalFit offers premier fitness, weight loss and wellness brands at a discount. Take advantage of savings on fitness tracking devices, diet plans and fitness center memberships. Visit www.securityhealth.org/wellness to learn more.

Notice of nondiscrimination

Security Health Plan of Wisconsin, Inc., complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, disability, age, sex, gender identity, sexual orientation or health status.

Limited English proficiency services

ATTENTION: If you speak a language other than English, language assistance services, free of charge, are available to you. Call 1-800-472-2363 (TTY 711).

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-472-2363 (TTY 711).

LUS CEEV: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 1-800-472-2363 (TTY 711).