

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.

My Health My Sponsor Daily Habits Rewards

Health Assessment | Results DOWNLOAD REPORT

Wellness Score

85
Out of 100

Learn more about your score

TAKE IT AGAIN

TOP ITEMS FOR IMPROVEMENT

Independence High Risk

Nutrition High Risk

Safety High Risk

Your score went up!
You have raised your score to 85. Your last score was 79 on 3/23/22. Prior to that, your score was 64 on 3/23/22.

Last score was 79

DOWNLOAD REPORT

Summary Page

Risk and Condition Reports

Physician Summary

DOWNLOAD

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.

Marshfield Clinic Health System SecurityHealth Plan

My Health Goals Rewards

Hello

Home Exercise Nutrition EDIT

Because Nutrition Matters to You SEE MORE

Get Our App
Take this experience with you on the FREE Wellness app from WebMD.
GET IT TODAY

Weight Management
Our health coaches can help you build healthier habits and lose weight.
TALK TO ONE TODAY

Global Fit
Find premier fitness, weight loss and wellness brands at a discount.
CLICK HERE

You Might Like

Symptom Checker
Easily identify possible conditions related to your symptoms.
GET STARTED

Download the App!
Our convenient app tracks goals and lets you access benefits, and more!
LEARN MORE

Sync a Device or App
Instantly upload your activity - just connect a fitness device or app!
GET CONNECTED

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/Limited English proficiency services

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, health status, marital status, arrest or conviction record or military participation. 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).

Wellness at Your Side


Take charge of your health and well-being.

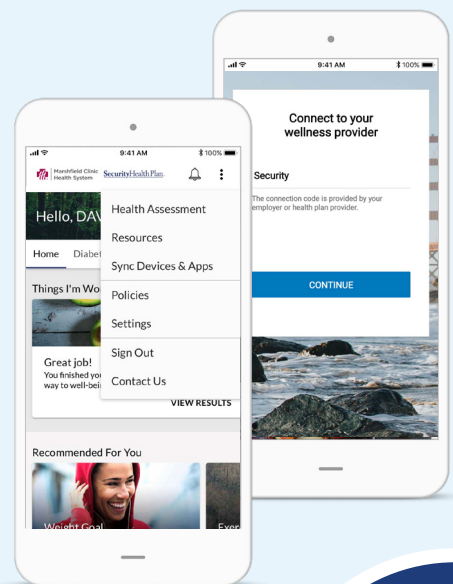
Make positive lifestyle changes and form healthier habits with Wellness at Your Side! It's fully integrated with your *My Security Health Plan* account so you can set lifestyle goals, track your progress and get personalized recommendations to live a healthy and active lifestyle.

The Wellness at Your Side app is easy to use.

First, log in to your WebMD account through your *My Security Health Plan* online account. If you don't have an online account, you may register for *My Security Health Plan* at www.securityhealth.org/registration.

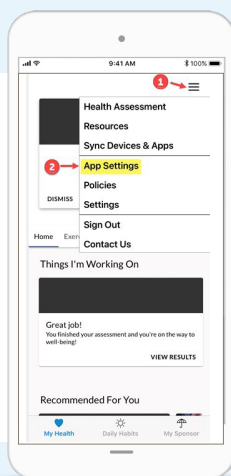
Download the WebMD Wellness at Your Side app

- 1 Visit the Apple App Store or the Google Play Store and search for **Wellness at Your Side**.

- 2 After downloading and opening the app, enter your Connection Code, **Security** and click **Continue**.
- 3 Sign in using your *My Security Health Plan* username and password.
- 4 Congratulations! You are now logged in to the app.

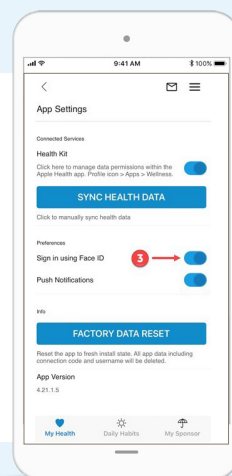


New Face ID Feature

Log into your Wellness at Your Side app using Face ID! Here's how:



- 1 Click on the three lines in the upper right hand corner
- 2 Choose app settings from the drop down menu



- 3 Turn on the Face ID feature by sliding the toggle to the right

Questions?
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1-800-472-2363
(TTY 711)

Remember your login information for next time you use **Wellness at Your Side!**

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Limited English Proficiency Language Services

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If you require materials in large print, please call 1-800-472-2363 (TTY 711).