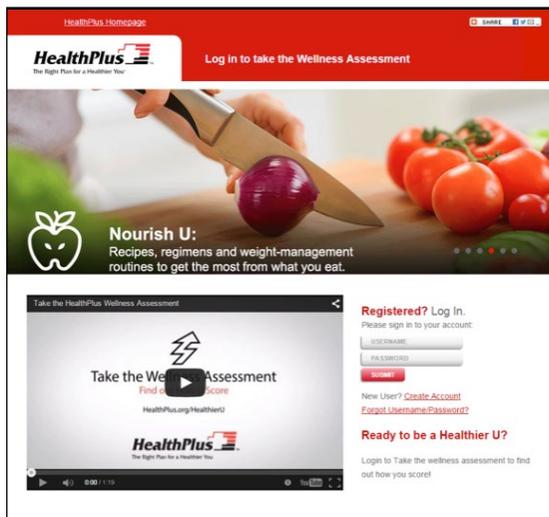


HEALTHPLUS HEALTHIER U™

How to complete the HealthPlus Wellness Assessment

Get started on your way to a Healthier U™ by completing the HealthPlus Wellness Assessment. Completing the wellness assessment will help you identify your individual health risks, understand what they mean and prioritize your health goals. You will find out your wellness score, receive a personalized wellness report, a welcome invitation to experience all of Healthier U™ resources as well as a subscription to the Healthier U™ *Bits & Bytes* e-newsletter.



Step 1: Log In

Go to www.HealthPlus.org/HealthierU

If you have already registered on the HealthPlus website, log in using your Username and Password.

If you have never registered on the HealthPlus website, click *Create Account* and proceed to Step 1B: Create Account-Self Registration.

Step 1B: Create Account Self Registration

To create an account, you will need your HealthPlus ID# found on your insurance card. Enter the entire number as well as the two digits next to your first name. Do not put a space or dashes between your ID# and the two digits. Example: H1234567801

After clicking *Submit*, create your Username and Password. Once completed, refer back to Step 1.

HealthPlus

ID # H12345678

GROUP: 450100

ISSUER: (80840)

JOHN DOE

01 JOHN

02 JANE

03 JONATHAN

04 JESSICA

05 JOSHUA

06 JUSTIN

Catamaran

RXBIN #610011

RXPCN #23050

OV COPAYS: PCP \$20 / SP \$20
ER/UC COPAYS: \$50 / \$20

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Step 2: Take Your Wellness Assessment

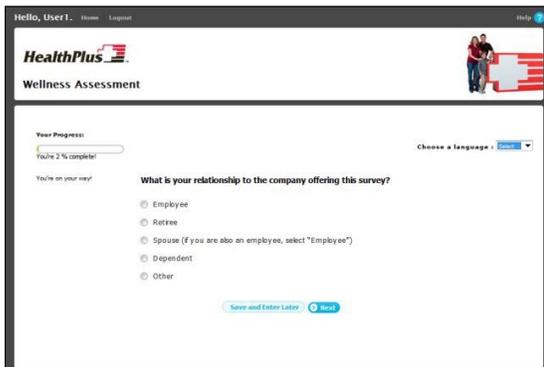
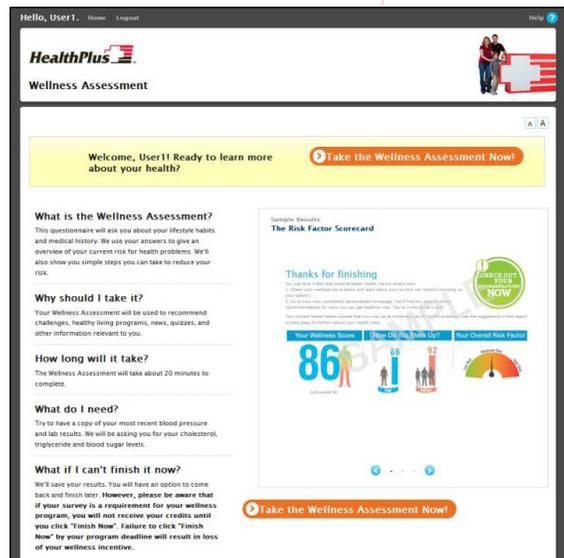
Click *Get Started*.

Step 2B: Learn about the Wellness Assessment

Learn more about the wellness assessment, then click *Take Wellness Assessment Now!*

Step 2C: Answer Questions

Begin answering the wellness assessment questions.



Step 3: Congratulations

Once you are finished, you will receive your wellness score, report and program recommendations.* Keep an eye out for your welcome invitation and the next issue of the Healthier U Bits & Bytes in your email inbox!



*You may also receive a phone call to take advantage of our Lifestyle Coaching program.