

# Health assessment instructions

## Complete the health assessment

Complete your health assessment and receive a personalized plan to guide you toward the best version of yourself. 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 view of your health.



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

**If you are participating in a worksite wellness program through Security Health Plan, refer to your wellness program information for instructions on how biometric results from your preventive exam or worksite screening event can be uploaded to your health assessment.**

**We promise confidentiality.** The health assessment is available to Security Health Plan members 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 – Register for My Security Health Plan

1. Visit [www.securityhealth.org](http://www.securityhealth.org)
2. Click the purple *My Account* button in the upper right corner.
3. Register for My Security Health Plan by clicking the *Register now* link.
4. After you complete the registration process, you will receive immediate access to login to your account.

Record your information here to make logging into My Security Health Plan easier in the future.

User name \_\_\_\_\_

Password \_\_\_\_\_

**Questions? Call Customer Service at 1-800-472-2363.**

## Step 2 – Login to My Security Health Plan

1. Visit [www.securityhealth.org](http://www.securityhealth.org), click *My Account* in the upper right corner and login.
2. Click on *Menu* in the left corner
3. Click on *Be Healthy* and then *Health Assessment* in the dropdown.
4. Complete New User Registration. Read and acknowledge WebMD's Terms and Conditions and Privacy Policy. Once you've finished, check the box shown below.

\*I have read and agree with WebMD's [Terms and Conditions](#) and [Privacy Policy](#).

and then click **Go**

5. Click **Take It Now**
6. Complete the assessment questions.
7. Once you have finished, click *Finalize* to view your Health Assessment Results.

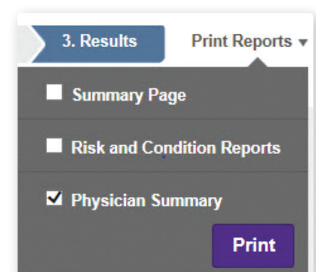
### You're almost done!

Feel free to review your responses. Once you're done with the questionnaire, go ahead and move to the next step by clicking "Finalize."

[Review Answers](#)

**Finalize**

8. Print your Physician Summary and discuss with your doctor at your annual preventive exam.



## Step 3

**Check out your personal health tools** (over)

# Health tools customized for you

There are many things to think about when it comes to staying healthy—from eating right and exercising to knowing when you should visit your doctor. Security Health Plan and WebMD have the tools and resources you need to live a healthy life.

## Assess and improve your health

- Complete a health assessment
- Set health goals and track your progress using “My Health Assistant”
- Access mobile apps to transform small steps into healthy habits

## Access the extensive WebMD library of health information

Stay up-to-date with medical information so you can better understand your health.

- View articles and videos on health topics
- Symptom Checker
- Sign up for E-newsletters
- Connect with others on the Message Board

The screenshot shows the Security Health Plan website. At the top, there are navigation tabs: Home, Healthy Living, Health Record, and Health Information. Below the navigation is the Security Health Plan logo with the tagline "Promises kept, plain and simple." and the WebMD logo with "POWERED BY WebMD health services". The main content area features a large image of a woman in a grey top. Below the image is an "Action Plan" section with a blue bar that says "Today would be a great day to..." and a white button that says "Take your Health Assessment" with a blue play icon. At the bottom, there are three promotional tiles: "Get the whole picture! Sync your device with WebMD" with a "Let's Go" button, "Get Rewarded" with a gift icon and text "Start earning now by completing healthy activities.", and "Healthy Habits Made Easy" with a smartphone icon and text "Put exercise habits in your pocket with Daily Victory".

**Talk with a health coach** - It's no secret that good health can help you enjoy more of the good things in life. Learn more about our free health coaching service available to Security Health Plan members by calling Customer Service at 1-800-472-2363. If you are hearing or speech impaired call TTY 711. An on-staff health coach will help you take the steps you need to live a healthier and more enjoyable life.

## Perk

### Fitness center discounts make getting physically fit more affordable

Take advantage of great gym discounts through the Partners in Fitness program. Visit [www.securityhealth.org/wellness](http://www.securityhealth.org/wellness), and under Resources click on *Partners in Fitness* to find a facility in your area.