

HOW TO: Complete Your Health Check Survey



The Health Check Survey is a set of questions that will help you identify health risks and tailor your wellness experience. Questions address topics such as prevention, nutrition, exercise, emotional health, safety and tobacco and alcohol use.

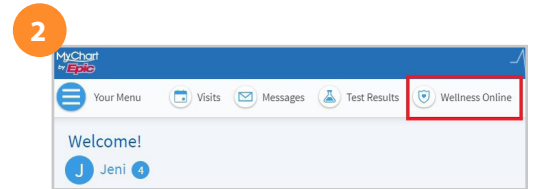
STEP 1: Begin by creating or logging into your QuadMed MyChart account.

- Visit myquadmed.com/hij and use the buttons at the top of the page to log in to or sign up for MyChart.
- If you need assistance logging in or creating a new account, contact QuadMed Patient Support at patientsupport@quadmedical.com or 888.417.1001.



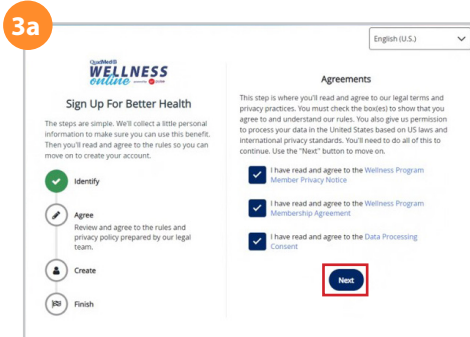
STEP 2: Access Wellness Online in MyChart.

Once logged in to MyChart, access Wellness Online from the shortcuts header at the top of the homepage or from the Wellness section of Your Menu.

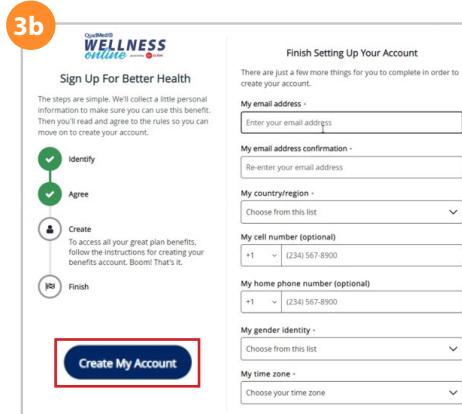


STEP 3: Setup your Wellness Online account.

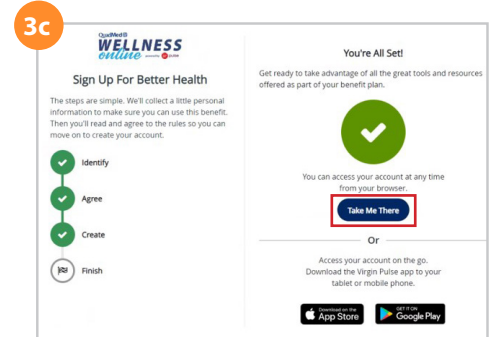
If you have already setup your Wellness Online account, skip to step 4.



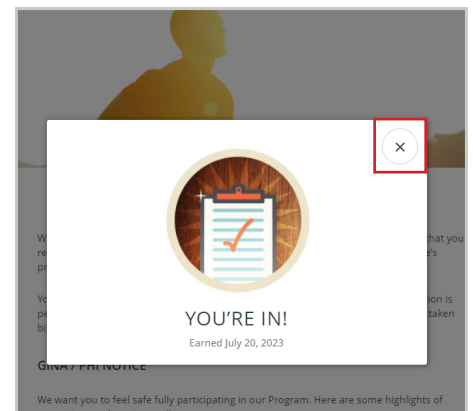
3a. Review and acknowledge the agreement page. Click NEXT.



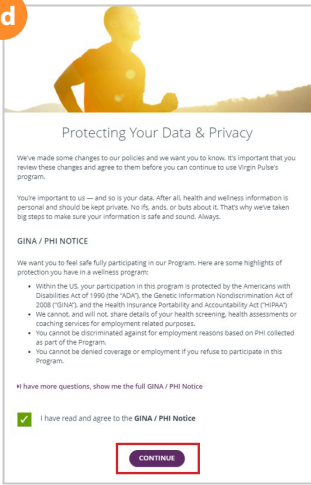
3b. Enter the requested information using your preferred email address. The time zone should be selected for the state that you reside in. Once complete, click CREATE MY ACCOUNT.



3c. You are now ready to access your account at any time from your browser. Click on Take Me There and then click the X to close the pop-up.



3d

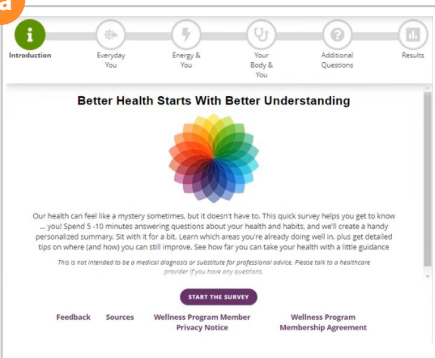


3d. Read and agree to the GINA/PHI notice.

Click CONTINUE. Your new Wellness Online account is now setup.

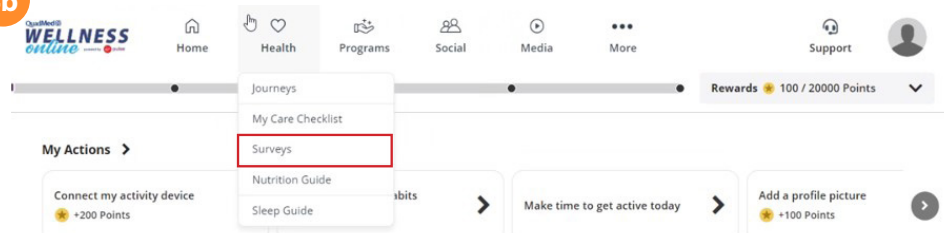
STEP 4: Complete your Health Check Survey.

4a



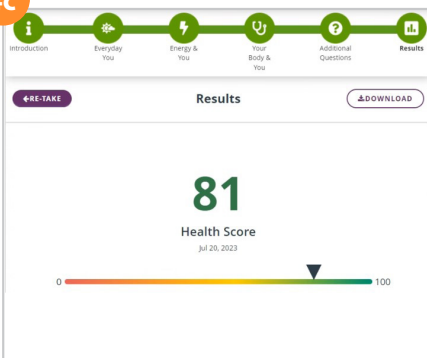
4a. If this is your **first time** in Wellness Online for the 2023–2024 program year, click START THE SURVEY to begin.

4b



4b. If you **already have an account** click on HEALTH and then SURVEYS to access your Health Check Survey.

4c



4c. Once complete, you will receive your health score and the results.

You can download a copy of your score and results to share with your provider or health coach. You also have the opportunity to re-take it at any time.

Visit myquadmed.com/kyn for additional instructions to complete the program.

NEED HELP USING WELLNESS ONLINE? Email hiiwellness@quadmedical.com if you require additional assistance.