

# HOW TO: Check Your KYN Program Status and View Your Results



You can check your progress in the Know Your Numbers program at any time through Wellness Online to see what requirements still need to be completed, or to confirm that you have completed the program.

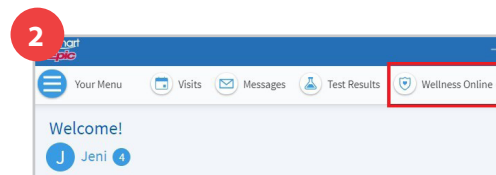
## STEP 1: Begin by creating or logging into your QuadMed MyChart account.

- Visit [myquadmed.com/hij](https://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](mailto: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.

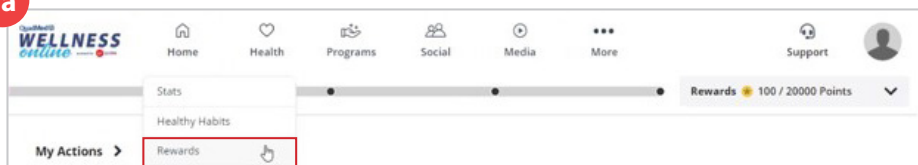


## STEP 3: Check your program completion status

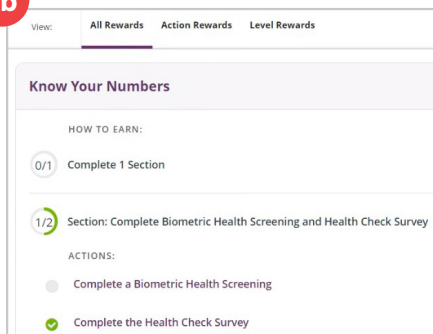
Hover over the HOME icon and then click on REWARDS.

On the Rewards page, scroll down to the Know Your Numbers section.

3a



3b



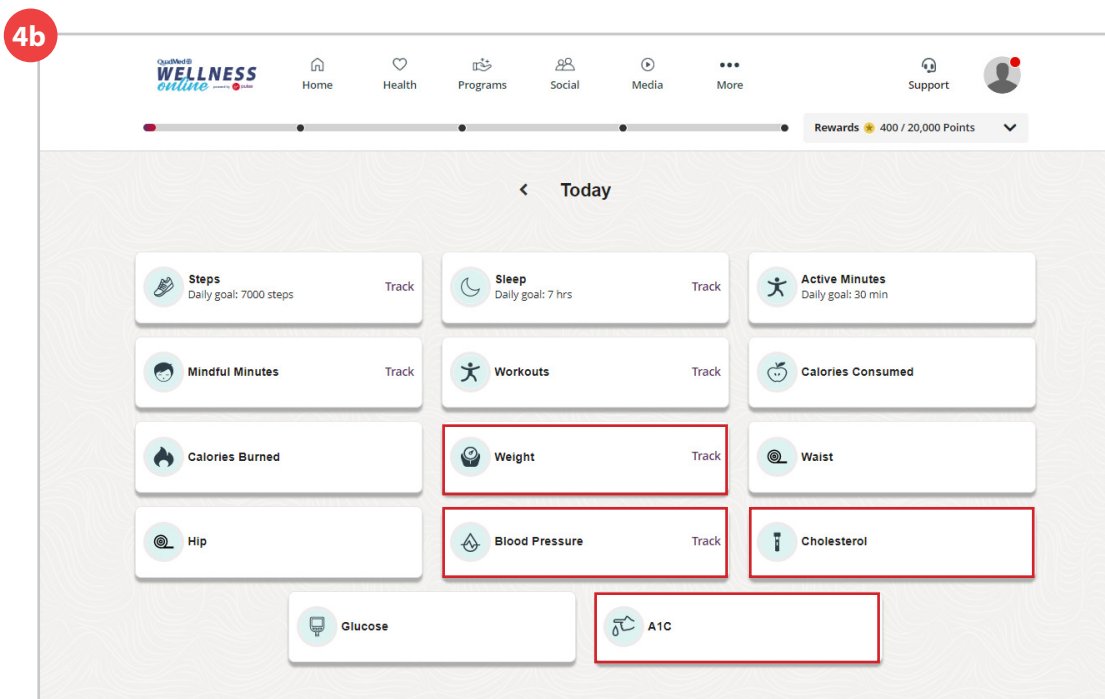
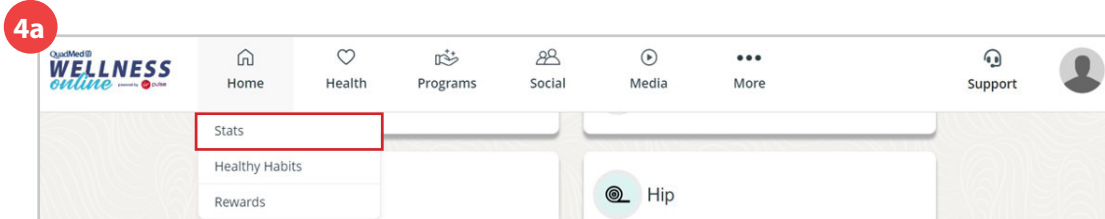
3a. The KYN program is one program made up of two actions. When both actions are complete, this section will read 1/1.

3b. In the Complete Biometric Health Screening and Health Check Survey section, you will see a check mark next to the action you have completed. When both actions are completed, it will show 2/2 for Complete Biometric Health Screening and Health Check Survey. Please be sure to monitor your status frequently throughout the KYN program until both actions are complete.

## STEP 4: View your health screening results

Hover over the HOME icon and then click on STATS.

On the Stats page, scroll down to the Know Your Numbers section.



- Weight – Click here to see your weight and BMI
- Blood pressure – Click here to see your systolic and diastolic blood pressure readings
- Cholesterol – Click here to see your total cholesterol, LDL, HDL and Triglyceride readings
- A1C – Click here to see your A1C result

**Visit [myquadmed.com/kyn](https://myquadmed.com/kyn) for additional instructions to complete the program.**

**NEED HELP USING WELLNESS ONLINE?** Email [hiiwellness@quadmedical.com](mailto:hiiwellness@quadmedical.com) if you require additional assistance.