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, tobacco and alcohol use.

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

- Visit myquadmed.com/hii 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.
- If you've already set up your Wellness Online account, skip to Step 4.
- To create your account, please use a web browser (such as Chrome (preferred), Edge or Safari) on your desktop or mobile device to access Wellness Online. After your account has been created, you can access Wellness Online through the MyChart or Virgin Pulse mobile apps. Account creation is not currently available through the MyChart or Virgin Pulse mobile apps.

STEP 3: Setup your Wellness Online account.

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.

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WELLNESS	Agreements	Sign Up For Better Health	There are just a few more things for you to complete in order to create your account.	Sign Up For Better Health	Get ready to take advantage of all the great tools and reso offered as part of your benefit plan.
Sign Up For Better Health	This step is where you'll read and agree to our legal terms and privacy practices. You must check the box(es) to show that you	The steps are simple. We'll collect a little personal information to make sure you can use this benefit.	My email address -	The steps are simple. We'll collect a little personal information to make sure you can use this benefit.	
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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.







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STEP 4: Complete your Health Check Survey.

You can complete the Health Check Survey on the app or on your desktop/laptop.



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 <u>hiiwellness@quadmedical.com</u> if you require additional assistance.