

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.

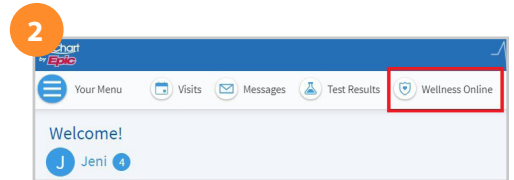
STEP 1: Begin by creating or logging into your QuadMed MyChart account.

- Visit myquadmed.com/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.



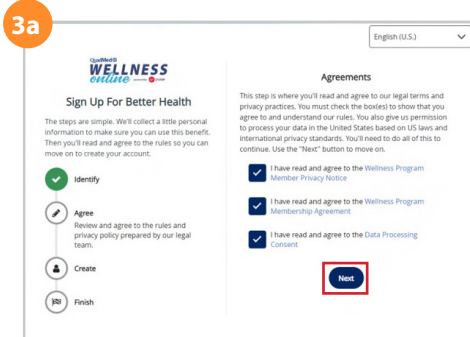
STEP 2: Access Wellness Online in MyChart.

- 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.
- 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.*

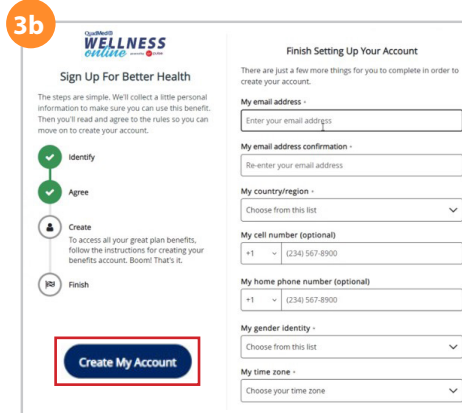


STEP 3: Setup your Wellness Online account.

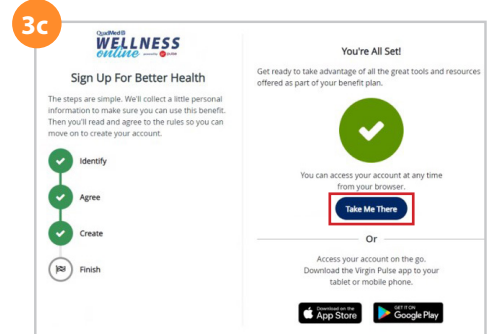
Enter the requested information using your preferred email address. The time zone should be selected for the state that you reside in. Once complete, click CREATE MY ACCOUNT.



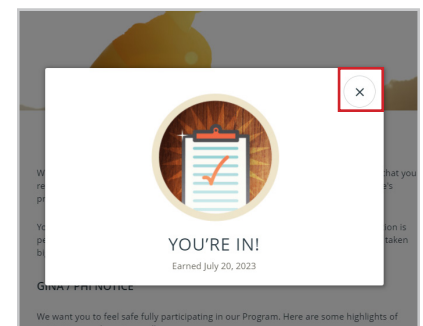
3a. Review and acknowledge the agreement page. Click NEXT.



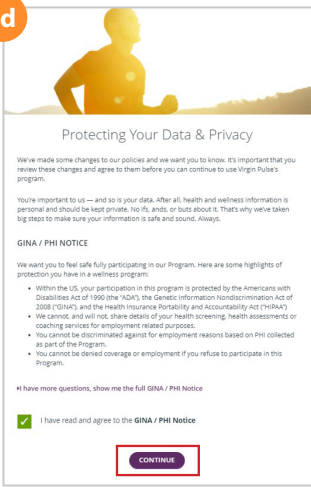
3b. Enter the requested information using your preferred email address. The time zone should be selected for the state that you reside in. Once complete, click CREATE MY ACCOUNT.



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



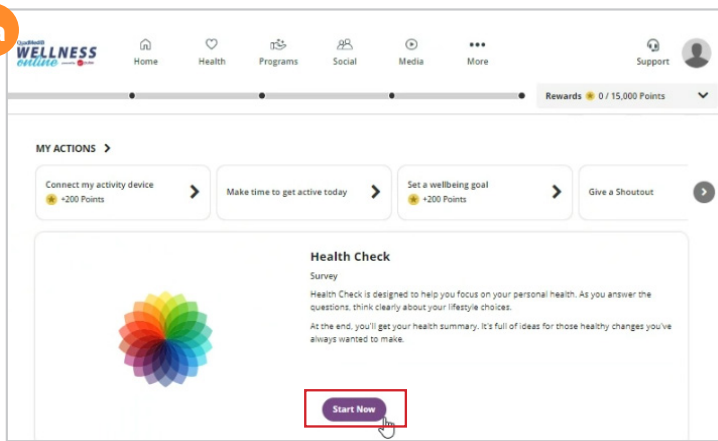
3d. Read and agree to the GINA/PHI notice.

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

STEP 4: Complete your Health Check Survey.

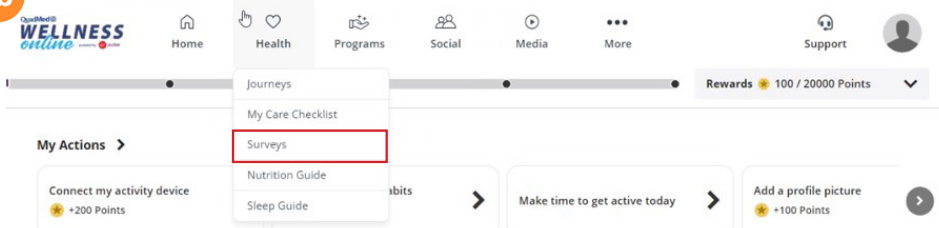
You can complete the Health Check Survey on the app or on your desktop/laptop.

4a



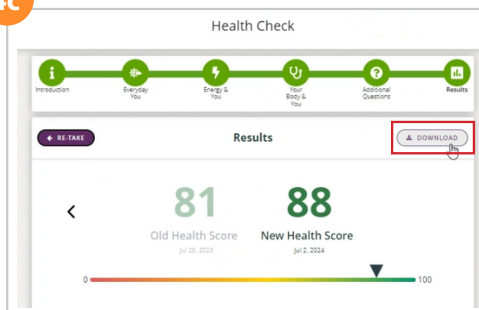
4a. Click START NOW to begin.

4b



4b. You can also access the survey by clicking on HEALTH and then SURVEYS

4c



4c. Once complete, you will receive your health score and the results. You have the option to download your results if preferred.

Note: If you completed the health check survey in a previous program year, you will see historical results as well.

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 hiwellness@quadmedical.com if you require additional assistance.