

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.

RETURNING USERS

(Individuals who have a QuadMed MyChart account and who created a Wellness Online account previously)



Accessing Wellness Online via the Personify Health app

If you have accessed Wellness Online via the app in the past, please follow these steps:

- Ensure that your app has been updated to the Personify Health app
- Open the Personify Health app and enter the username/email that you used to create your account on the Wellness Online platform **NOTE: This may or may not be your MyChart username/email**
- Upon entering your username, you will be automatically redirected to QuadMed MyChart **NOTE: If you are not redirected, try an alternative email address**
- Login to QuadMed MyChart using your MyChart username and password
- Once logged in, tap the HII Wellness Online icon at the top of the page. You will be redirected to the Wellness Online platform.

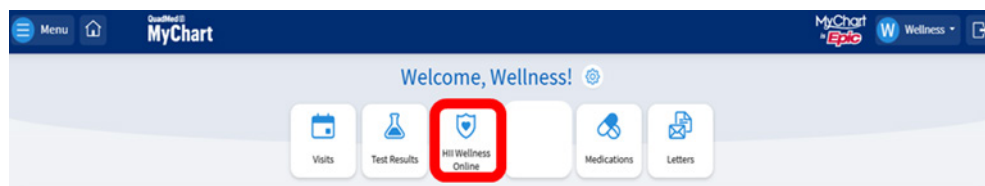
NOTE: If you are asked to provide a password or organization name after you enter your username/email in the Personify Health app, you will need to follow the steps below to establish your Wellness Online account on desktop before you can access the platform via the app.



Accessing Wellness Online on desktop

The Wellness Online platform must be accessed via your QuadMed MyChart account.

- From your phone or desktop/laptop computer, [use this link to login to MyChart](#)
- Once logged in, click the HII Wellness Online icon at the top of the page. You will be redirected to the Wellness Online platform.



NEW USERS

Create your QuadMed MyChart account

1. Visit mychart.myquadmedical.com/MyChart/signup.
2. Enter your information to confirm your identity.
3. Check your email for a message from mychartsupport@quadmedical.com.
4. Follow the instructions in the email.
5. Confirm your identity again and complete your registration.

Need additional support? Email patientsupport@quadmedical.com or call 888.417.1001

Create your Wellness Online account

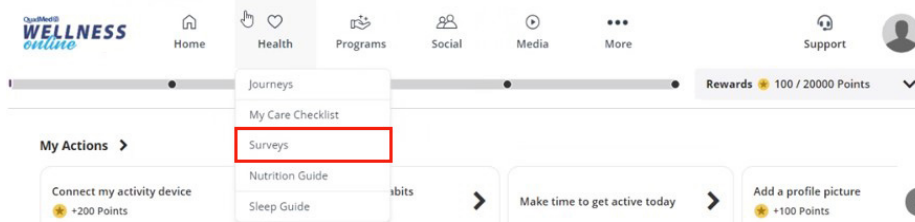
1. You need to have a QuadMed MyChart account to access Wellness Online.
2. Sign in to your QuadMed MyChart and select “Wellness Online” from the top menu.
3. Read and complete the agreements, enter your information, and create your account.

NOTE: Account creation is not currently available through the MyChart or Personify Health mobile apps. Create your account via web browser (Chrome (preferred), Edge or Safari) on your desktop or mobile device. After your account has been created, you can access Wellness Online through the MyChart or Personify Health mobile apps

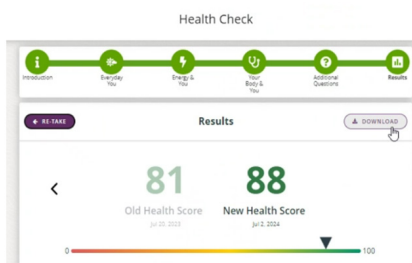
COMPLETE YOUR HEALTH CHECK SURVEY

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

Sign into Wellness Online and access the Health Check Survey by hovering/clicking on HEALTH and then select SURVEYS.



Once complete, you will receive your health score and the results. If you completed the 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 hiiwellness@quadmedical.com if you require additional assistance.