

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. The KYN program is one program made up of two actions.

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 hiiwellness@quadmedical.com.

1

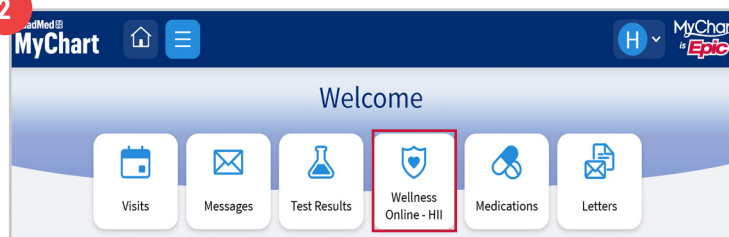
MyChart Login

MyChart Sign Up

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.

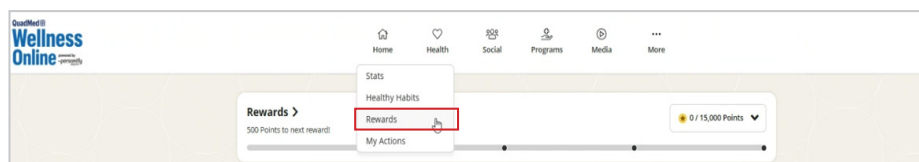
2



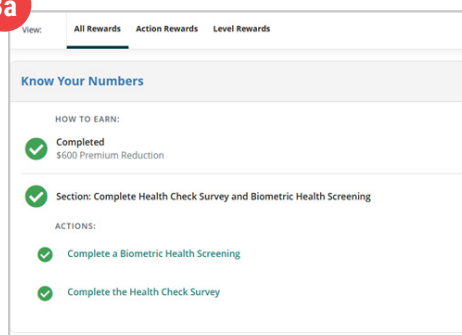
STEP 3: Check your program completion status

Hover over the HOME icon and then click on REWARDS.

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



3a



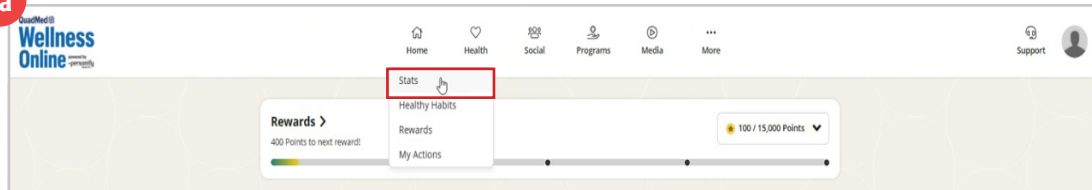
3a. In the Complete Biometric Health Screening and Health Check Survey section, once both actions are completed, you will see two green check marks, one for each completed action, and an additional green check mark indicating both steps have been completed. Please be sure to monitor your status frequently throughout the KYN program until both actions are complete.

NOTE: Allow 7-10 business days for biometric result processing.

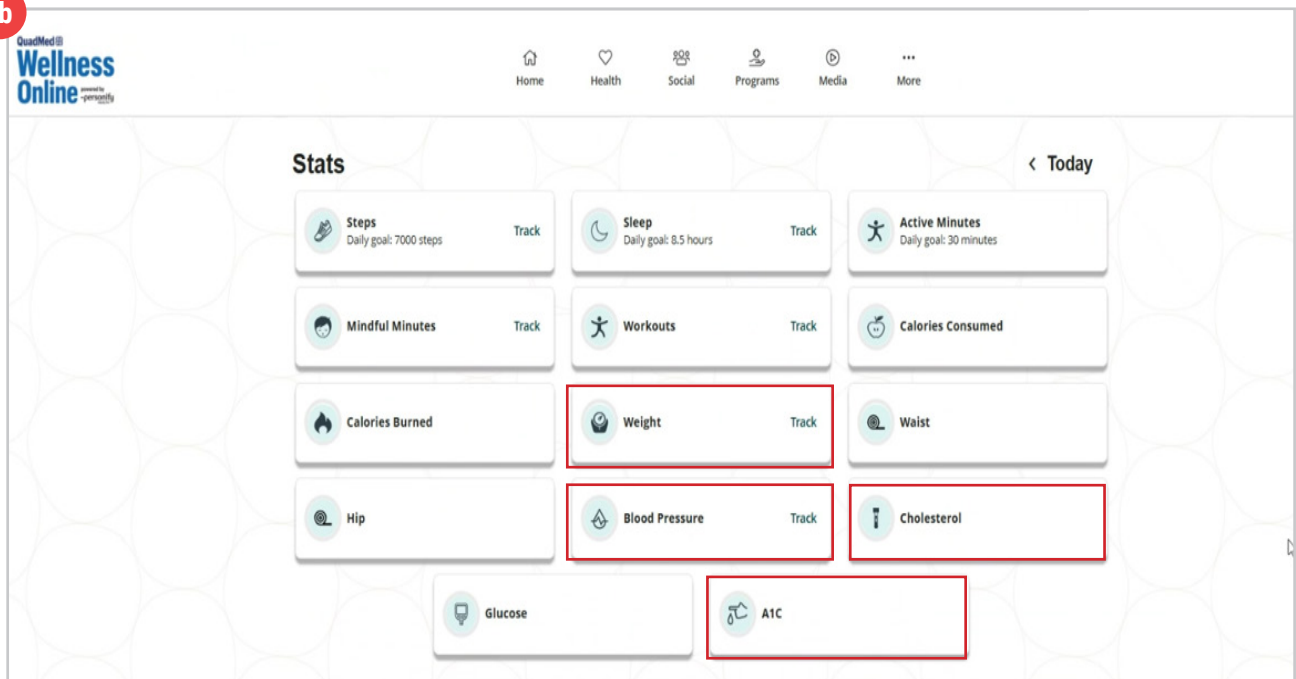
STEP 4: View your health screening results

Hover over the **HOME** icon and then click on **STATS**. If you have completed the Know Your Numbers before, previous program results will also be available for viewing.

4a



4b



- **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 for additional instructions to complete the program.

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