Wellmark®

YOUR NEXT STEP TO WELLNESS

Taking your Wellness Assessment on myWellmark

Inside tip:

Know your plan. Contact Customer Service at the number on your Wellmark ID card to confirm details about your preventive benefits, or log on to myWellmark to view your personal benefit information.

Powered by WebMD®

Even the healthiest among us have room to improve. Now, it's easy to learn why and how, by taking your Wellness Assessment.

Your Wellness Assessment gives you an accurate, confidential and personalized report about the state of your health and the steps forward.

It's short and easy, but its value can last a lifetime. Get started today to obtain:

1. **Summaries of what you're doing well and where to improve**
2. **Personalized steps to reduce your health risk factors**

LEARN MORE

Haven't registered for myWellmark?

IT'S EASY AND TAKES JUST A FEW MINUTES!

1. **FROM WELLMARK.COM**
   Select Member from the Register Now drop-down menu.

   FROM WELLMARK MOBILE APP
   Select myWellmark and then Register Now.

2. **ENTER PERSONAL INFORMATION**
   - Enter your Wellmark ID number exactly as shown on your ID card.
   - Fill in the form with your name, birth date and information.
   - Enter the last four digits of your Social Security number and your relationship to the primary member (self, spouse, dependent).

3. **CREATE ACCOUNT**
   Set up a myWellmark User ID and password. You'll need your User ID and password every time you want to access your myWellmark account. You'll also choose and answer security questions. These will help identify you if you ever forget your user ID or password.

4. **FINISH**
   Confirm your information is accurate and submit your registration. You'll be automatically logged in to myWellmark.

STEP 1

GET YOUR LAB RESULTS

Collect the health information you need to complete your Wellness Assessment.

The Wellness Assessment provides an overview of your health and how your lifestyle habits affect your well-being. It also uses certain biometric information (such as blood pressure and total cholesterol) to help determine your health status.

Your biometric values offer a view of your health, and can suggest if you are at risk for developing certain conditions. If you have questions about your screening results, talk with your health care provider.

YOUR SCREENING RESULTS

Write down your biometric screening results from your health care provider.

Total Cholesterol _____ **HDL** _____ **LDL**_____ **TC/HDL Ratio** _____

Triglycerides _____ **Glucose** _____ **Blood Pressure** _____

Height _____ **Weight** _____

- **If you've had a routine physical in the past year,** your health care provider can help you obtain these lab results. Check your appointment records, or call your doctor and ask him or her to provide them to you.
- **Haven't had a routine physical in the past year?** Call your health care provider and make an appointment. Take this with you to your appointment to make sure your physical includes the lab results listed.

Why these biometric results are important:

Cholesterol – Your cholesterol number includes readings for both HDL ("good" cholesterol), and LDL ("bad" cholesterol), which is a measure of certain types of fats in your blood. The Total Cholesterol/HDL ratio is an important indicator for cardiovascular disease.

Triglycerides – Along with your cholesterol levels, triglycerides are an important measure of heart health where excessive levels can be harmful.

Glucose – Your glucose reading measures the amount of sugar in your blood, indicating whether you have or may be at risk for developing diabetes.

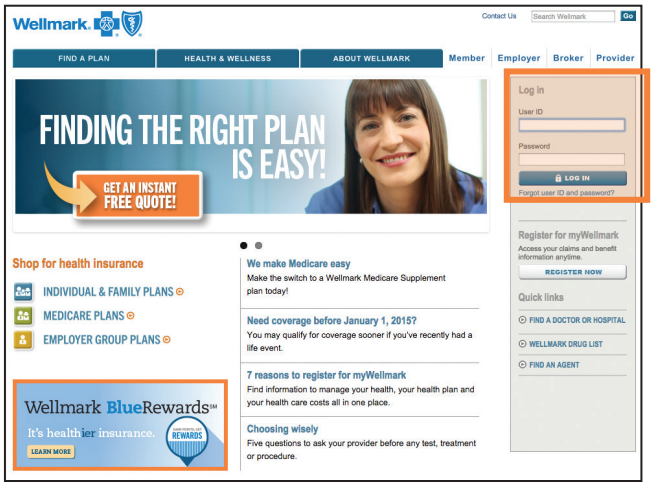
Blood pressure – This reading consists of two numbers: 1) systolic — represents the pressure when the heart beats, and 2) diastolic — signifies the pressure when the heart is at rest. These two distinct values can indicate **an increased risk for heart attack and stroke, as well as other possible health complications.**

Height and weight – These measurements are used to calculate your Body Mass Index (BMI), an indicator of your body fat. A high BMI indicates an increased risk of developing a number of conditions associated with being overweight.

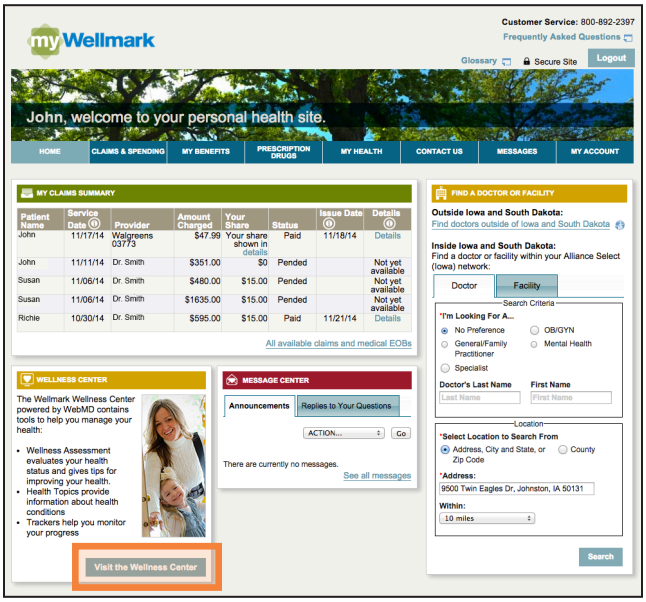
STEP 2

COMPLETE YOUR WELLNESS ASSESSMENT

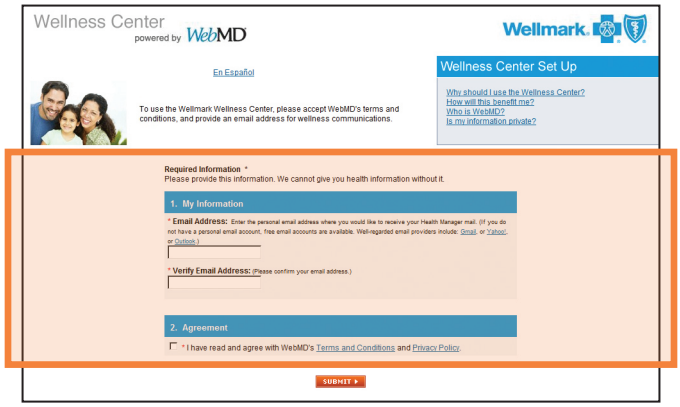
1. **Go to Wellmark.com on your computer or the Wellmark mobile app** and log in to myWellmark with your User ID and password.



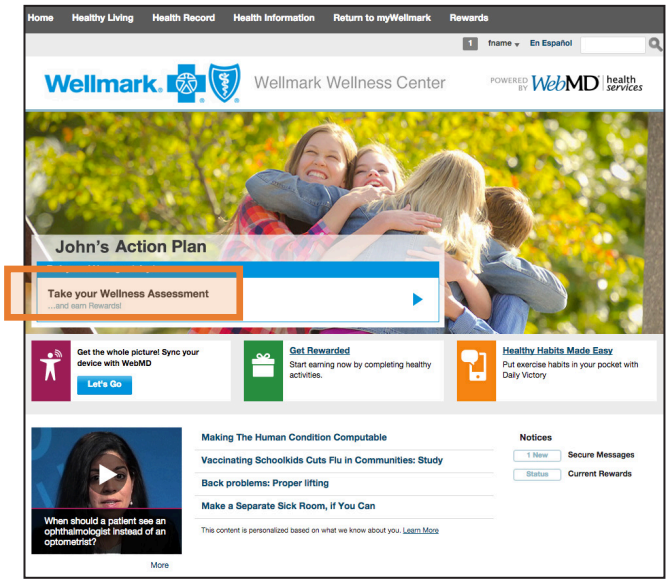
2. **Once you log in,** click on the "Visit the Wellness Center" button on your home page.



3. **The first time you enter the Wellness Center,** you will be asked to complete a short registration process.



4. **Once you register, select "Take the Wellness Assessment" from your action plan**. Completing your Wellness Assessment takes approximately 10-12 minutes. If you are unable to complete the Wellness Assessment in its entirety, the information you have entered will be saved, so you can come back and complete it later.



LEARN MORE

Are you stuck on a step?

WE'RE HERE TO HELP.

Need help with registration or logging in to myWellmark?

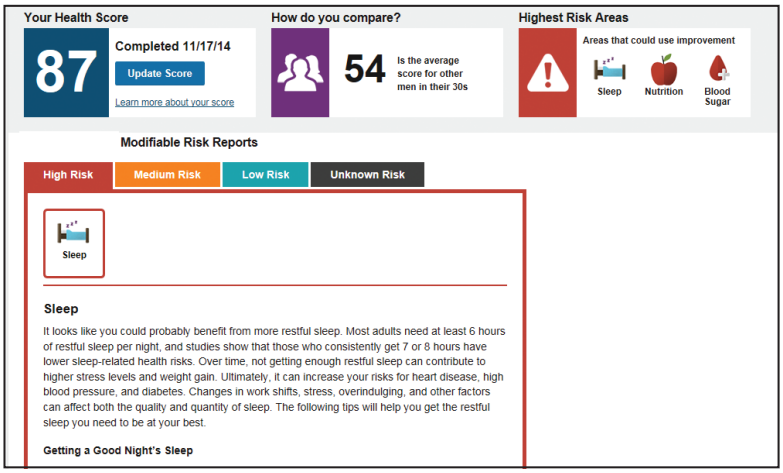
Contact Wellmark's technical support team (EC Solutions): **800-407-0267, M – F**, 7 a.m. – 5:30 p.m., CT

Have a question about your Wellness Assessment? Call us at **877-252-8412**, 24 hours a day, seven days a week.

STEP 3

REVIEW YOUR WELLNESS ASSESSMENT REPORT

There's no waiting! Upon completion of your Wellness Assessment, you will be able to review your report.



To view your report at a later time, log in to myWellmark via computer or the mobile app, and enter the Wellness Center.

Wellmark

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