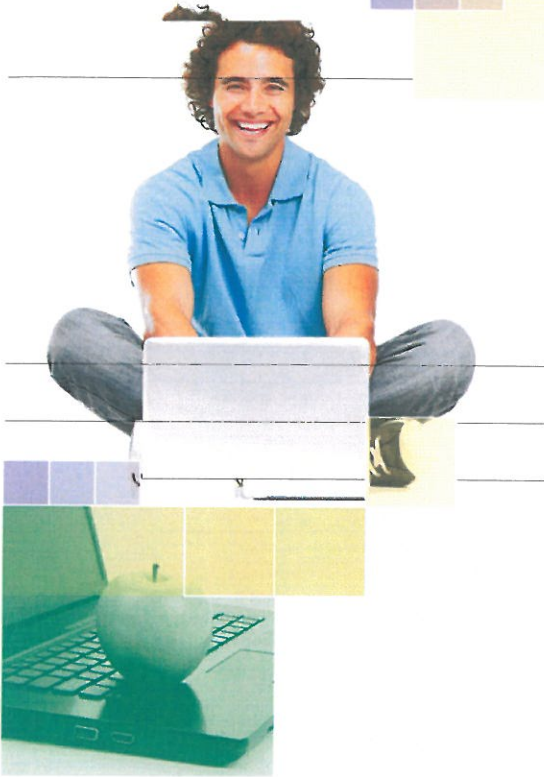


Health Assessment



You hold the key to your health awareness. Complete an online Health Assessment to find out your risk for certain chronic diseases and necessary lifestyle changes to lower your risk.

To take the Health Assessment:

- Visit MedMutual.com/member and log into My Health Plan. Create an account if you haven't already.
- On the homepage, click Take the Health Assessment. Or click Retake Your Health Assessment if you have taken it before.
- Agree to the terms and conditions and click Submit.
- Answer all the questions to complete the Health Assessment. Have recent health screening dates and information (such as blood pressure, cholesterol, glucose and weight) on hand to answer questions about your health status. Click Continue.
- Click Edit to review or change your answers. Click Finish Later to return at a later time. Click Submit to complete your Health Assessment.

When you are done, you can view and print your scored Individual Profile Report. This report highlights your health and lifestyle risk factors.