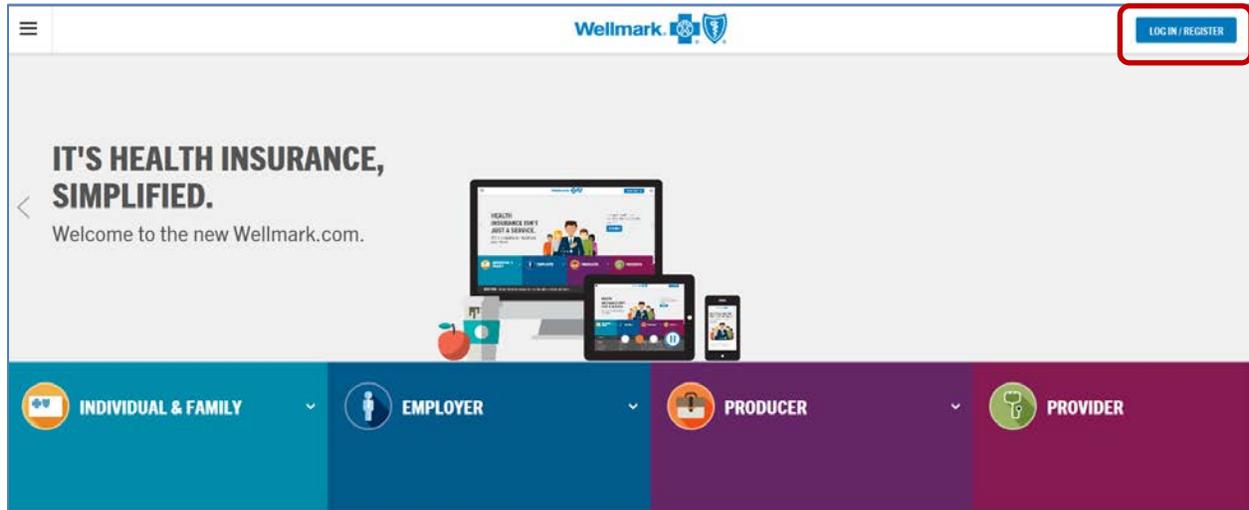
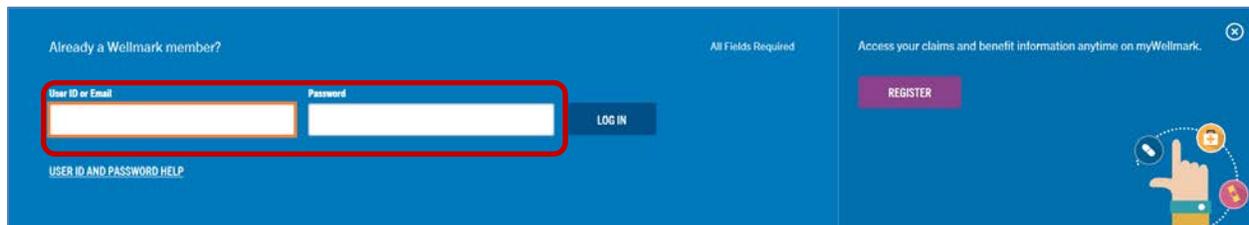


## Steps to Take the On-Line Health Assessment

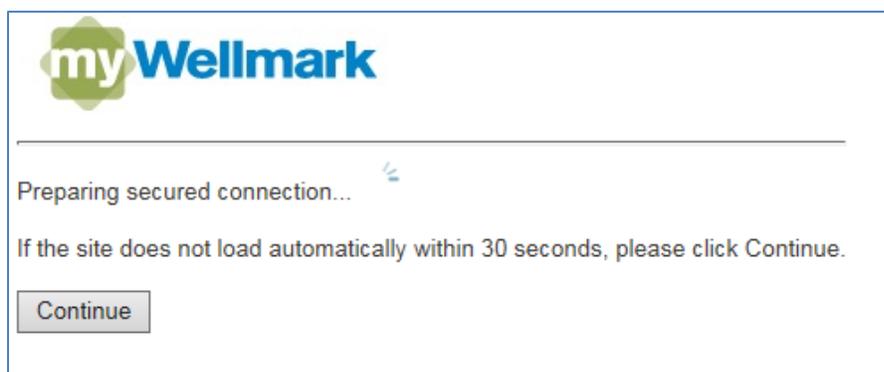
1. Go to <http://www.wellmark.com>.
2. Click on LOGIN/REGISTER



3. Enter your User ID and Password



4. Wait while the system takes you to your personalized MyWellmark website.  
**NOTE: Clicking on Continue before 30 seconds will cause an error and the site will not load properly.**



## Steps to Take the On-Line Health Assessment

5. At the MyWellmark website, click on “Visit the Wellness Center.”



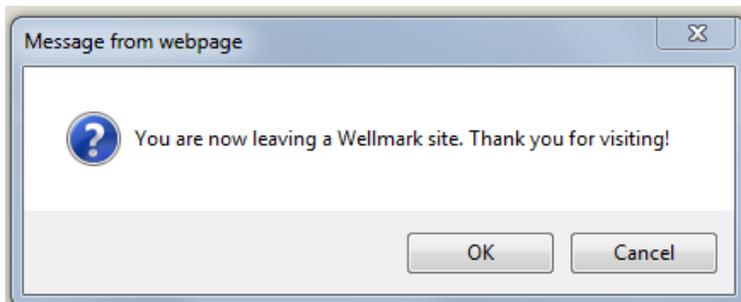
**WELLNESS CENTER**

The Wellmark Wellness Center powered by WebMD contains tools to help you manage your health:

- Wellness Assessment evaluates your health status and gives tips for improving your health.
- Health Topics provide information about health conditions
- Trackers help you monitor your progress

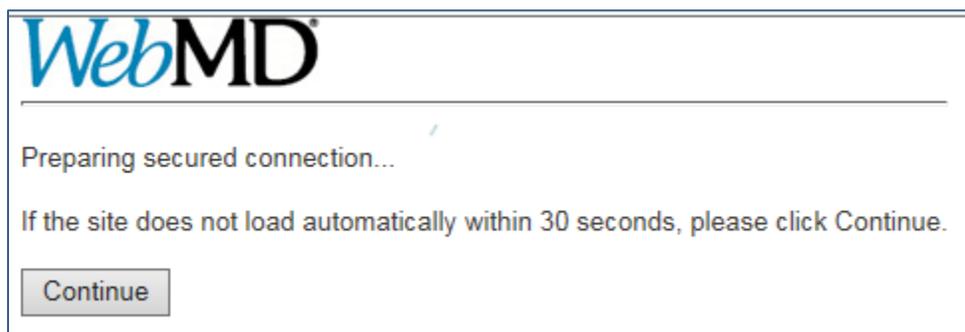
[Visit the Wellness Center](#)

6. Click “OK.”



7. Wait while the system takes you to the WebMD website.

**NOTE: Clicking on Continue before 30 seconds will cause an error and the site will not load properly.**



**WebMD**

Preparing secured connection...

If the site does not load automatically within 30 seconds, please click Continue.

Continue