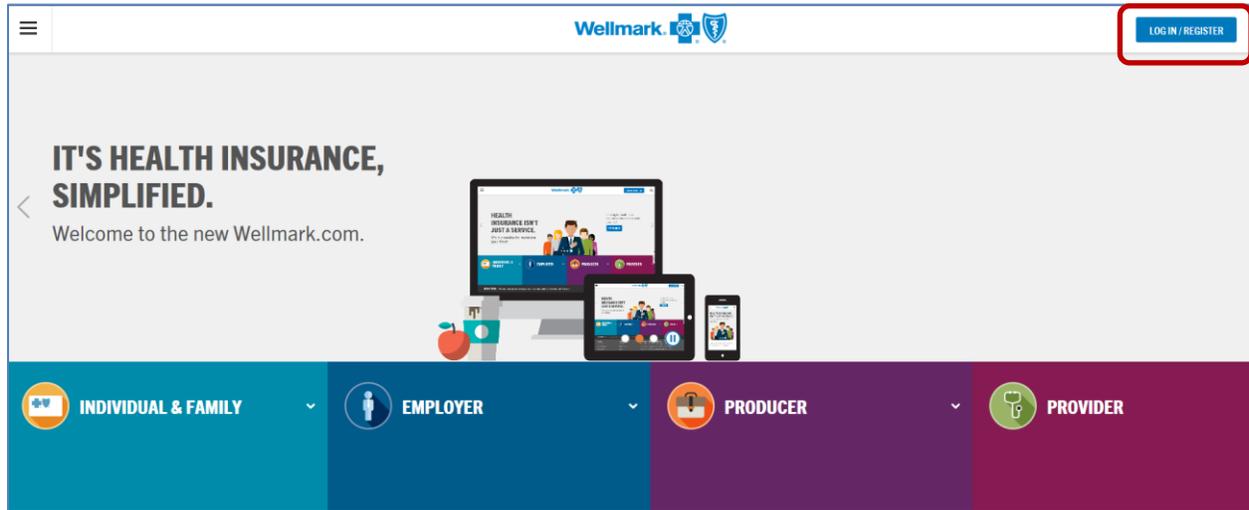


Steps to Take the On-Line Health Assessment

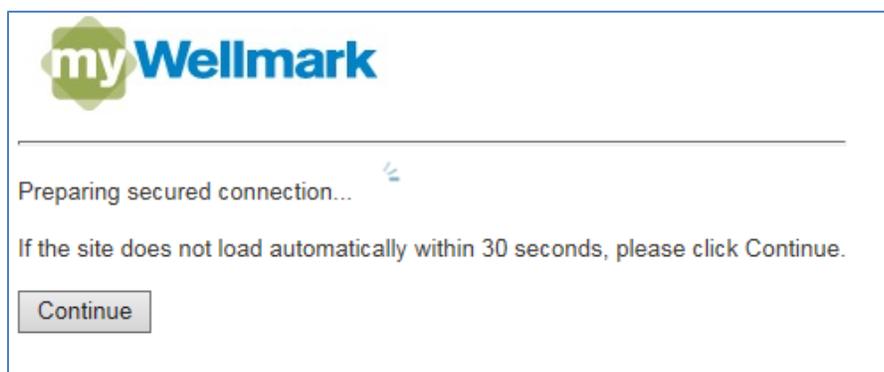
1. Go to <http://www.wellmark.com>.
2. Click on LOGIN/REGISTER



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

- At the MyWellmark website, click on "Visit the Wellness Center."



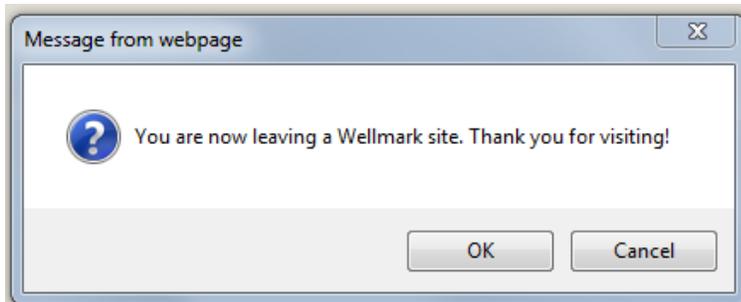
WELLNESS CENTER

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

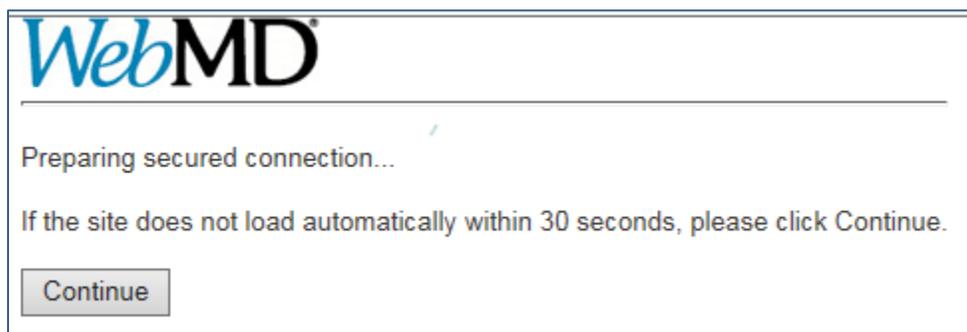
[Visit the Wellness Center](#)

- Click "OK."



- 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.

Steps to Take the On-Line Health Assessment

8. Once in the Wellness Center, you should be prompted to complete the Wellness Assessment. If you do not see the prompt, click on the Healthy Living tab and choose Wellness Assessment from the list of options.

