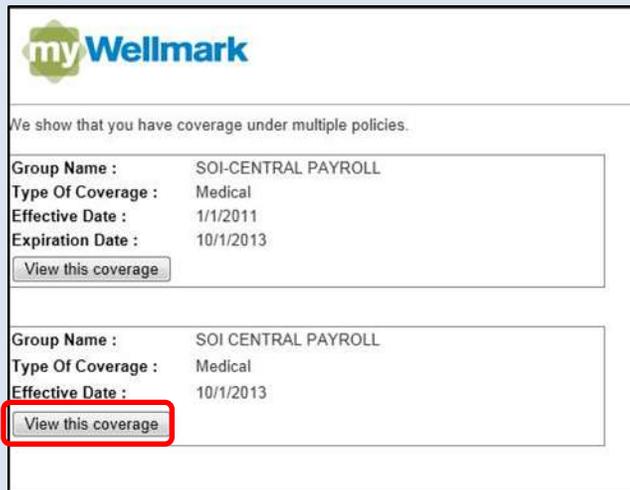


# Accessing the Health Assessment at Wellmark.com



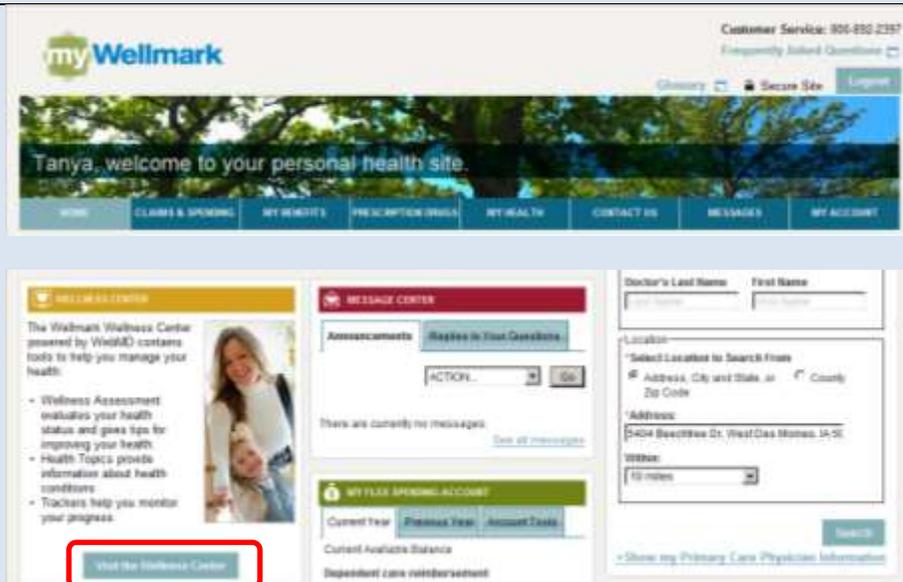
The image shows the Wellmark.com homepage. At the top left is the Wellmark logo. Below it are navigation tabs: FIND A PLAN, HEALTH & WELLNESS, and ABOUT WELLMARK. To the right are links for Member, Employer, Broker, and Provider. A large banner features a family and the text "Find the health insurance plan that's right for you." with a "Get an Instant FREE QUOTE" button. On the right side, there is a "Log In" section with fields for "User ID" and "Password", and a "LOG IN" button. A red box highlights these fields and the button.

1. Go to <http://www.wellmark.com>.
2. Enter your User ID and Password.
3. Click on the "Log In" button.



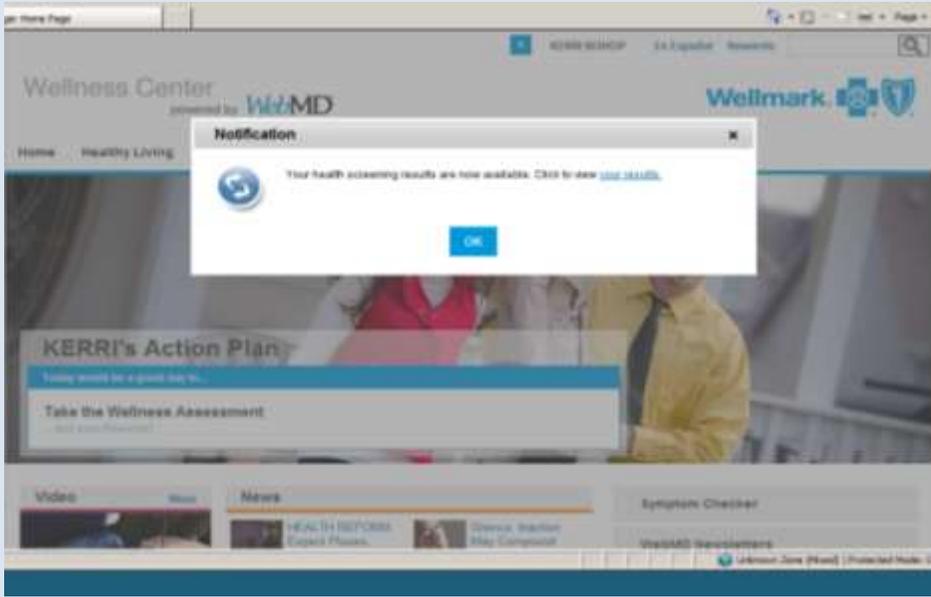
The image shows the "myWellmark" account page. It displays two policy entries. The first entry has the following details: Group Name: SOI-CENTRAL PAYROLL, Type Of Coverage: Medical, Effective Date: 1/1/2011, and Expiration Date: 10/1/2013. Below these details is a "View this coverage" button. The second entry has: Group Name: SOI CENTRAL PAYROLL, Type Of Coverage: Medical, and Effective Date: 10/1/2013. The "View this coverage" button for the second entry is highlighted with a red box.

4. Click on either of the "View this coverage." (If you do not see this screen, proceed to the next step.)



The image shows the "myWellmark" personal health site dashboard. At the top, it says "Tanya, welcome to your personal health site." Below this is a navigation bar with links for HOME, CLAIMS & SPENDING, MY BENEFITS, PRESCRIPTION DRUGS, MY HEALTH, CONTACT US, MESSAGES, and MY ACCOUNT. The main content area is divided into several sections: "WELLNESS CENTER" with a "Visit the Wellness Center" button highlighted in a red box; "MESSAGE CENTER" with a "Register to Your Questions" button; "MY FLEX SPENDING ACCOUNT" with "Current Year", "Previous Year", and "Account Details" tabs; and a "Doctor's Last Name" and "First Name" search section with a "Search" button.

5. Click on "Visit the Wellness Center."



6. This is the notification that biometrics have been loaded! If biometrics have been uploaded, this pop-up will present over the home page stating "Your biometric results have been uploaded and are available." Click your results to review or "OK" to proceed.

(If you do not see this information, you might also find it in the Health Trackers under the Healthy Living tab. If you have questions about whether or not your lab results have been loaded in the Wellness Center, please contact the Wellmark Wellness HelpDesk at 877.252.8412.)



7. Click on the "Take the Wellness Assessment" tab.

The screenshot shows the 'Wellness Assessment' results page. At the top left, it says 'Wellness Center powered by WebMD'. The navigation bar includes 'Home', 'Healthy Living', 'Health Information', and 'Return To MyWellmark'. The main heading is 'Wellness Assessment'. On the right, there are links for 'Print Reports' and 'Retake WA Now'. The assessment score is '40', compared to a peer average of 56. A message says 'Hooray, CAT! You've completed the Wellness Assessment'. Below this, it states: 'You've just taken a step toward better health by completing the Wellness Assessment! Your answers indicate that you're making some healthy choices. It also looks like you could use some help with Safety, Nutrition, and Stress. Read below to find out what you can do now to improve your health.'

8. When you complete the questionnaire, you will see a screen similar to this. It will provide you your score and will also indicate that you've completed your assessment.

This screenshot shows the same dashboard as above, but with a red box highlighting the user profile area in the top right corner. The profile area shows the name 'JAMES' and 'En Español'. A dropdown menu is open, showing 'Settings' and 'Logout' options. The navigation bar also includes a 'Rewards' link. Below the navigation bar is a banner image of three people wearing hats.

9. Once in the Wellmark Wellness Center powered by WebMD, hover over your name on the top of the page and click "settings". Within settings, review your e-mail address to ensure it is still accurate. If updates are needed, make the edits and click "save" before returning to the home page.