



## Taking the Health Assessment

To access and complete the Health Assessment, you must first register for My Health Plan, our secure member website. Please refer to the registration instructions in the box below. Then follow the directions to complete your online Health Assessment.

### My Health Plan Registration

1. Visit [MedMutual.com/member](http://MedMutual.com/member).
2. Click Create an Account.
3. Identify yourself using your Medical Mutual identification number or Social Security number and your date of birth.
4. Create a username and password.
5. Check the box at the bottom of the screen to agree to the website's terms and conditions. Then click Continue.
6. If you need additional help logging in, please call our Help Desk at (800) 294-7583.

### Completing the Health Assessment

1. Visit [member.MedMutual.com](http://member.MedMutual.com) and log into My Health Plan.
2. On the homepage, click Take the Health Assessment.
3. Click the check boxes to verify your identity and acknowledge you agree to share your registration information with Medical Mutual and the University of Michigan. Then select Agree and Take the Health Assessment in English or Agree and Take the Health Assessment in Spanish.
4. An identification and authorization page will appear. Choose your sex and click Enter.\*
5. Answer all of the questions. 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. Do not click the Back

button to return to a previous page or question. You will get an error message and may be prompted to sign in and start over.

6. When you are finished, click Continue at the bottom of the page. If you have unanswered questions, you will be prompted to complete them before proceeding. Unanswered questions will be noted to the right of each required question. You have two options:
  - Go back to the questionnaire and complete them, then click Submit.
  - Click Finish Later if you would like to return to the Health Assessment within 30 days to complete and submit the questionnaire. This option can be used to enter health screening results or other information that may not be available at the time you are first completing the Health Assessment. (Please note: If you select the Finish Later option, you have not completed the Health Assessment. You must go back in and click Submit within 30 days to complete the questionnaire.)
7. Additional unanswered questions will be listed in the box at the top of the page.
8. When you have completed all the questions and successfully submitted your Health Assessment, you will see a congratulatory message and your Health Assessment score on the Profile page. You can scroll down the page to view a breakdown of your score by individual risks.
9. Click Return to My Health Plan at the bottom of the page or log out to end your session.

\*This information is only required when you log in for the first time. When you log in again to finish your Health Assessment or view your results, you will land directly on the Health Assessment Profile page.