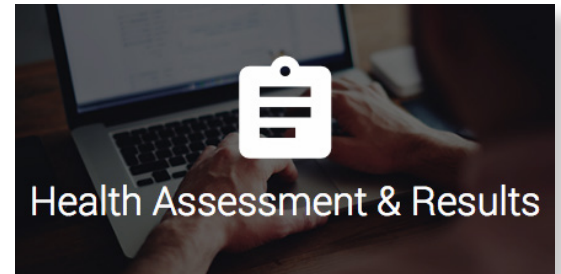


Completing Your Health Assessment and Viewing Your Results

STEP 1

Log in to the *My Wellness* Portal

Access the *My Wellness* portal from MyHealthPlan.samhealth.org and click on the “**Health Assessment & Results**” tile.



STEP 2

Access Your Health Assessment

Click on the “**Update My Health Assessment**” link to complete your health assessment.

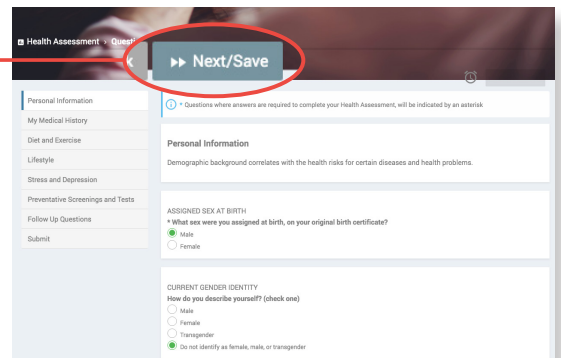


STEP 3

Complete Your Health Assessment

Fill out the health assessment. Click “**Next/Save**” to go to the next section. This also saves your answers if you wish to come back to finish later.

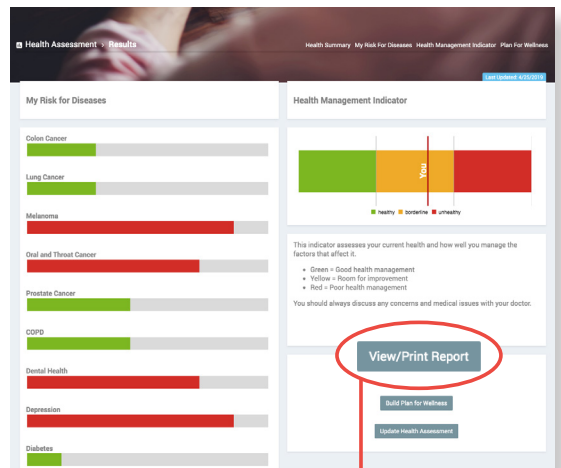
Every question with an asterisk (*) is required and must be answered before advancing to the next section. Make sure to click “**Submit Questionnaire**” to complete your health assessment.



STEP 4

View Your Results

Once completed you will be directed to your results or click “**View My Health Assessment Results**” to view your health assessment results at any time. To download a PDF version, you can click “**View/Print Report**”.

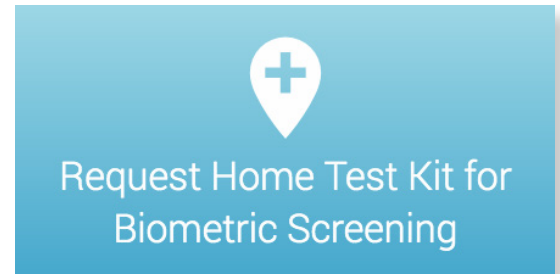


Requesting a Home Test Kit for Biometric Screenings

STEP 1

Log in to the
My Wellness Portal

Access the *My Wellness* portal from MyHealthPlan.samhealth.org and click the “**Request Home Test Kit for Biometric Screening**” tile.



STEP 2

Fill out the
Request Form

Click “**View Request Home Test Kit for Biometric Screening**” link, fill out the required fields and press “**Submit**”. A home test kit with full instructions will be mailed directly to you.

A screenshot of a web form titled "Request Home Test Kit for Biometric Screening". The form asks for a mailing address and city. The text above the form says "Please enter your home address and we will mail you a home test kit to complete." There are two input fields: "1. Mailing Address*" with a subtext "Physical address only - no PO box" and "2. City*".

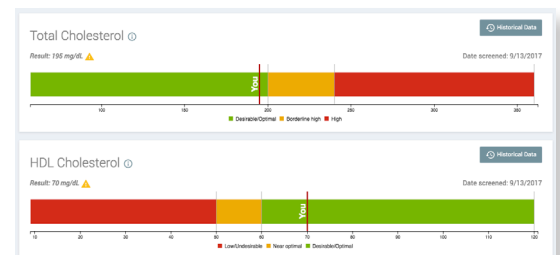
Viewing Your Screening Results

Results from your biometric screening will be available within two weeks of mailing in your kit. An email will be sent to notify you when your results have been uploaded to the *My Wellness* portal. Additionally, a laboratory results report from Clinical Reference Laboratory will be mailed to you with your results.

STEP 1

Navigate to Tile

Access the *My Wellness* portal from MyHealthPlan.samhealth.org and click on the “Biometric Screening Results” tile and click the link for “**View My Results**”.



STEP 2

View Your Results

Scroll down to view each metric tested. Hover over each chart to view reference ranges.

You can view your historical results by clicking the link for “**Historical Data**” and selecting a metric from the drop down.

Screening History

