YOUR NEXT STEP TO BETTER HEALTH

Taking your Wellness Assessment on myWellmark®

We all have room to improve areas of our health and well-being. But, where do you begin?

Start with a quick and easy Wellness Assessment that gives you a personalized report about the state of your health and ways you can improve. Three simple steps that only take about 10 minutes to complete could provide a value that lasts a lifetime.

**Step 1: Log in to myWellmark**

Register, log in, or download the mobile app at myWellmark.com.

Once you’re logged in, click the Well-being tab, then click the Visit Wellness Center button to begin taking the Wellness Assessment using the link in your Action Plan.

The Wellness Assessment can also be found by selecting the Healthy Living tab at the top of the Wellness Center.

**Step 2: Gather information**

Your basic health information (biometrics) like height, weight, blood pressure and cholesterol can be added into the Wellness Assessment for a personalized picture of your overall health and well-being. You can also include the date and information from recent preventive exams.

Don’t have this information? You can still complete the assessment and learn valuable well-being information.

**Step 3: Take your assessment**

You’ll receive an accurate, confidential and personalized report that summarizes what you’re doing well and personalized action steps to help you improve different areas of your health and well-being.

**Take it up a notch:** Go above and beyond by revisiting your report throughout the year. You can update your assessment with any new healthy habits to see how they positively impact your health score.
Stuck on a step?
WE'RE HERE TO HELP.

Need help with registration or logging in to myWellmark? Contact Wellmark’s technical support team:

800-407-0267
Monday through Friday, 7 a.m.–5:30 p.m., CT

Have a question about your Wellness Assessment? Call us at:

877-252-8412

Log in or register at myWellmark.com.

Confirm you have the security, speed and convenience of digital documents in three easy steps by logging in and:

Selecting the **Profile** tab from the menu at the top.

Clicking **Notifications**.

Choosing your preferences and click **Agree & Save**.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.


注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或 (听障专线：888-781-4262)。