

# COMPLETING YOUR MEMBER HEALTH ASSESSMENT

One of the first steps in your wellness program is to complete your Member Health Assessment (MHA). The MHA asks questions about specific lifestyle habits, including your health, activity, and nutrition.

Your responses are analyzed along with your Biometric Screening to generate a Health Index, including a Health Age and Health Score. These MHA results will show your risk level to help you improve your overall health and well-being.

## GETTING STARTED

### Step 1

- » Visit [www.yourwellnesswebsite.com](http://www.yourwellnesswebsite.com) or the Viverae® app
- » Select **Register**
- » Enter your last name and date of birth (DOB)
- » Enter your identifier: [program identifier](#)
- » Enter the registration code: [registration code](#)

### Step 2

- » Create a username and password
- » Select a security question and answer, and click **Save**

## COMPLETE YOUR MHA

- » Complete when prompted during registration
- OR**
- » Complete later by logging in to your wellness program and following the prompts on the homepage

### Don't Wait

Completing the MHA takes less than 10 minutes, and the results can get you started on a path to better health!

### Questions?

Contact the Viverae Health Center at 888-VIVERAE (848-3723).

**Note:** MHA results show your risk level to help you understand what metrics you can improve in the future.