



Health Risk Assessment

Learn About Your Personal Health

Take your confidential, voluntary online health risk assessment.

If you choose to participate, the health risk assessment will help you learn about your personal health, including any undiagnosed conditions and symptoms that may benefit from treatment.

Consisting of 39 questions, the assessment is quick and easy to complete. When you have finished the questionnaire, your assessment results are immediately available online.

The results of your health risk assessment will be used to customize your online “dashboard” on myMERITAIN.com. There you will find information and articles about topics that may interest and help you, as well as tips and advice to improve your health and well-being.

For your eyes only.

It is your choice whether to share your health risk assessment results with family members or other important people in your life—even with Meritain Health. Without permission, the results are for your eyes only.

Undiagnosed health conditions.

Perhaps the most important advantage of a health risk assessment is the potential to identify undiagnosed conditions, some of which may be serious and require care.

If you have given Meritain Health authorization to review your results, you may receive information about our Meritain Health Disease Management program in the mail. This information would describe steps you can take to mitigate or eliminate the diagnosed condition.

Questions?

For additional information and answers to your questions about the health risk assessment, please contact Meritain Health Customer Service at the number located on your ID Card. You may also visit your member website: www.myMERITAIN.com.

To take your online health risk assessment:

- Sign in at www.myMERITAIN.com, using your user name and password. If you're a first time user, click on **“Create a new user account”** and follow the instructions to create your new account.
- Once logged in, click on **“Complete an online health risk assessment”**.
- A new window will open—this will be your Health Dashboard.
- Under the drop down box in the new window titled **“I Would Like To”**, choose: **“Take a Health Risk Appraisal”**.
- You're now ready to take your comprehensive health risk assessment!



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www.myMERITAIN.com