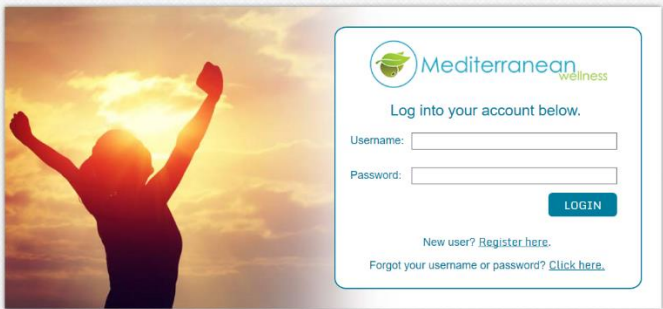


# Health Risk Assessment Instructions

If you are enrolled in the INDECS/Homestead plan and wish to fill out the Health Risk Assessment (also known as a **Personal Health Profile**), please go to [www.mymedwellness.com/login.php](http://www.mymedwellness.com/login.php). **All Health Risk Assessments must be completed by December 31, 2024 in order to receive credit in the Woods 2024 Well-Being Rewards Program. Completion of your HRA will be verified by INDECS/Homestead.**



Click on New User? "Register Here."

Enter your first name, last name, birthday and Company Code: **WOODS**  
Click Continue.

Create your username and password.

Log in to your account at [www.mymedwellness.com/login.php](http://www.mymedwellness.com/login.php)

**HEALTH RISK ASSESSMENT**

**WELCOME TO THE HEALTH RISK ASSESSMENT**  
We have streamlined this page to make it easy on you. First, accept the terms of Use below and then easily navigate through the Health Assessment by clicking on each section to the left.

Please take 15 to 20 minutes to complete the Mediterranean Wellness Health Risk Assessment. It is important to answer all questions as accurately as possible, to the best of your knowledge. That way we can assess your next steps toward a healthier lifestyle.

**VIEWING YOUR STATUS & FINALIZING THE HEALTH ASSESSMENT**  
Your overall status can be viewed in the progress bar. In addition, questions that have been answered will have a green circle next to them, whereas questions that have not been answered will show a red circle.

Once all questions have been answered, you will be asked to Finalize Your Health Assessment. Click "Finalize" to receive credit for the assessment and review your results.

**USE OF PERSONAL INFORMATION**  
Mediterranean Wellness will not share any personal health information with your employer or anyone else. However, we will share aggregated data in reports, trends and participation rates over time.

Once you log in to your account, you will be taken to the Health Risk Assessment.

When all of the questions are answered, you will be asked to finalize your HRA.

Finalize your HRA.

**YOUR HRA RESULTS**

**COMPLETION DATE: JAN. 01, 1970**

**YOUR WELLNESS SCORE: MODERATE**

**YOUR GOALS**

**UNDERSTANDING YOUR SCORE**

- **High:** You are at risk. You may want to set goals and create an action plan.
- **Moderate:** You should proceed with caution and consider making changes to reduce your risk.
- **Low:** You're on the right course. Keep up the good habits.
- **Not applicable:** Based on your answers.

**High Risk**

**Your Basic Information**

BMI calculations provide an indication of your level of overweight or obesity, which impacts your relative risk of developing diabetes, high blood pressure, heart disease, and other health conditions. Your waist circumference and level of muscularity can provide even more accurate indications of your risk levels, so

If you provided your email address, you will receive an email with your results and have access to your HRA results page.

Each section of the HRA will be identified as Low Risk, Moderate Risk, or High Risk.

On this page, you'll have access to feedback and be able to set goals to help improve your HRA results.