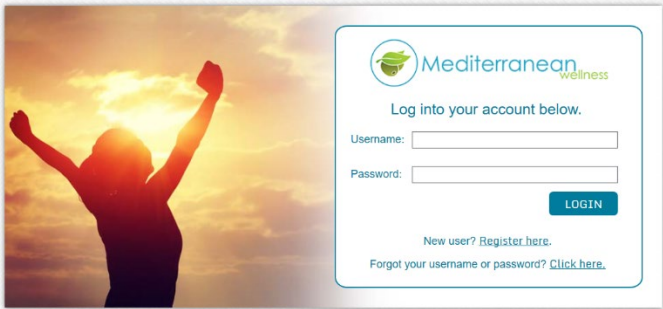


Health Risk Assessment Instructions

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. **All Health Risk Assessments must be completed by December 31, 2025 in order to receive credit in the Woods 2025 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

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.

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.