



**“The healthier I get, the better I feel.”**

You can choose to enjoy a healthier life. *Today's the day.*

**Your Well-Being Assessment Guide**

OFFICE VISIT



# Your First Steps to Wellness

Good health starts with good information. To make positive changes in your health and your life, you need to know where to start. You can learn more about your well-being and what you can do to improve it by taking a Well-Being Assessment.<sup>SM</sup>



## Know Your Plan.

Contact Customer Service at the number on your Wellmark ID card to confirm details about your preventive benefits, or log on to Wellmark.com to view your personal benefit information.

# 01

## STEP 1: GET YOUR LAB RESULTS

**COLLECT THE HEALTH INFORMATION YOU NEED TO COMPLETE THE WELL-BEING ASSESSMENT.** The Well-Being Assessment provides an overview of your health and how your lifestyle habits affect your well-being, and uses certain biometric information (such as blood pressure and total cholesterol) to help determine your health status. See **Your Screening Results** below for the lab results you'll need to have handy.

- › **IF YOU'VE HAD A ROUTINE PHYSICAL IN THE PAST YEAR,** your health care provider can help you obtain these lab results. Check your appointment records, or call your doctor and ask him or her to provide them to you.
- › **HAVEN'T HAD A ROUTINE PHYSICAL IN THE PAST YEAR?** Call your health care provider and make an appointment. Take the results form with you to your appointment to make sure your physical includes the lab results listed.



Your biometric values offer a view of your health, and can suggest if you are at risk for developing certain conditions. If you have questions about your screening results, talk with your health care provider.

## YOUR SCREENING RESULTS

Use this form to write down your biometric screening results from your health care provider.

Total Cholesterol	_____
HDL	_____
LDL	_____
TC/HDL Ratio	_____
Triglycerides	_____
Glucose	_____
Blood Pressure	_____
Height	_____
Weight	_____
Waist Circumference	_____

## WHY THESE BIOMETRIC RESULTS ARE IMPORTANT:

**CHOLESTEROL** – Your cholesterol number includes readings for both HDL (“good” cholesterol), and LDL (“bad” cholesterol), which is a measure of certain types of fats in your blood. The Total Cholesterol/HDL ratio is an important indicator for cardiovascular disease.

**TRIGLYCERIDES** – Along with your cholesterol levels, triglycerides are an important measure of heart health where excessive levels can be harmful.

**GLUCOSE** – Your glucose reading measures the amount of sugar in your blood, indicating whether you have, or may be at risk for developing diabetes.

**BLOOD PRESSURE** – This reading consists of two numbers: systolic represents the pressure when the heart beats, and diastolic signifies the pressure when the heart is at rest. These two distinct values can indicate an increased risk for heart attack and stroke, as well as other possible health complications.

**HEIGHT AND WEIGHT** – These measurements are used to calculate your Body Mass Index (BMI), an indicator of your body fat. A high BMI indicates an increased risk of developing a number of conditions associated with being overweight.

**WAIST CIRCUMFERENCE** – This test measures excess girth around your waist. Results indicate whether you may have an increased risk for diabetes, heart disease, stroke, and some cancers.

# 02

## STEP 2: COMPLETE YOUR WELL-BEING ASSESSMENT

- Go to **Wellmark.com** and log in with your user ID and password to access the **Member** secure home page. If this is your first visit to **Wellmark.com**, complete the simple registration process to create a user name and password. (See sidebar.) You can then log in from **Wellmark.com** or the **Member** page.
- After you log in, click on the **My Health** tab at the top, and you'll see a link to take your **Well-Being Assessment**.
- On the Well-Being Assessment welcome page, select **Get Started** to begin.
- Don't see your screening results? Enter your biometric values, and these numbers will be replaced when your screening results are received.
- Answer the questions on your physical health, health behavior, emotional health, life evaluation, and basic health care access.

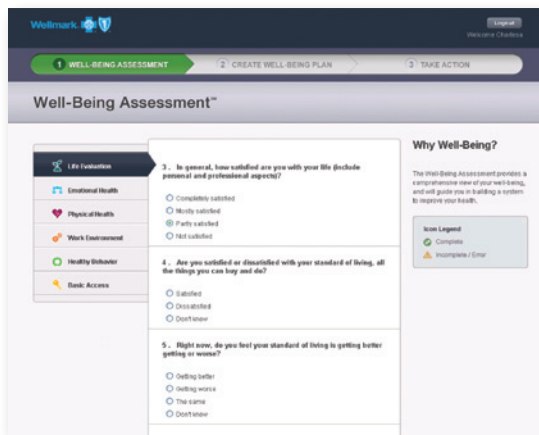
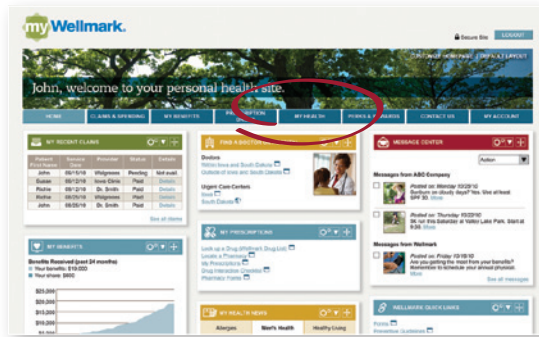
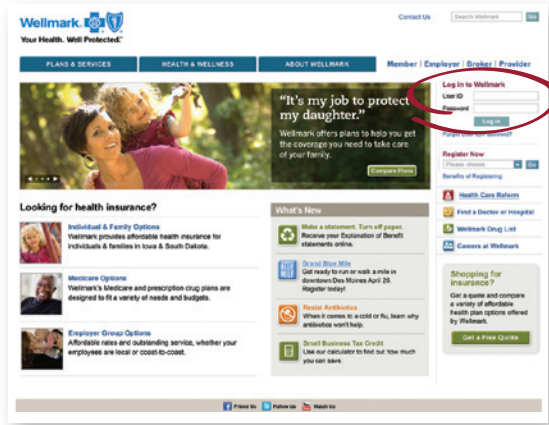
*Completing the Well-Being Assessment takes approximately 20 minutes. If you are unable to complete the Well-Being Assessment in its entirety, the information you have entered will be saved when you close the program, allowing you to complete it later.*



### YOUR HEALTH INFORMATION IS WELL-PROTECTED.

We have strict protections to ensure that your privacy is respected and protected in accordance with all applicable laws. All personal information that you share through the Well-Being Assessment is confidential. **It will not be shared with your employer or physician, and it can't be used to increase your premiums or deny coverage.**

Wellmark may combine information from your Well-Being Assessment with the records of others, so that it is not associated with any individual person. For example, Wellmark might put together data on the total number of participants with certain health conditions such as diabetes or high blood pressure. This aggregate information might be used by Wellmark or your employer to identify the key health issues for its populations.



Registering for Wellmark.com is easy and takes just a few minutes.

- 1 From **Wellmark.com**, select **Member** from the **Register Now** drop-down menu and choose **Continue**.
- 2 Complete the **registration form**. You'll need your Wellmark ID card and a personal e-mail address.
- 3 You'll be asked to create a **user ID** and **password** during registration.
- 4 Verify your identity in one of two ways to ensure that only you have access to your personal health information.

➤ Answer a few questions online to verify your identity. When you answer these questions correctly, you'll be able to access the Well-Being Assessment and all your personal health information.

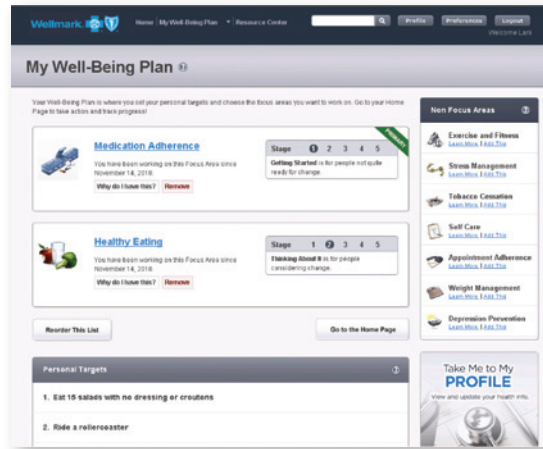
OR

➤ We mail a one-time **PIN number** to your home address. Once you receive your **PIN**, go to **Wellmark.com** and log in with your user **ID** and **password**. Enter your **PIN**, and you'll be able to access the Well-Being Assessment and all your personal health information.

# 03

## STEP 3: REVIEW YOUR WELL-BEING ASSESSMENT REPORT AND WELL-BEING PLAN

- The **Well-Being Assessment Report** is a summary of your overall well-being that offers insight into actionable steps you can take to improve your health.
- Using these recommendations, you can create a personal **Well-Being Plan** to build on your healthy strengths and make improvements in the areas of your life you are most motivated to change.



## ARE YOU STUCK ON A STEP? WE'RE HERE TO HELP.

Need help with registration or logging in to Wellmark.com? Contact Wellmark's technical support team (EC Solutions):  
**1-800-407-0267**


**Monday through Friday**  
7 a.m. – 5:30 p.m. CT

## HAVE A QUESTION ABOUT THE WELL-BEING ASSESSMENT?

Call us at:  
**1-877-252-8412**

**Monday through Friday**  
8:30 a.m. – 8:30 p.m. CT

**Saturday**  
9 a.m. – 5:30 p.m. CT

 The Well-Being Plan guides you through using the online tools and support on Wellmark.com. Find health trackers, fitness plans, tobacco cessation programs, recipes and cooking demos, and many other resources to help you reach your healthy best.



**Your Health. Well Protected.<sup>SM</sup>**

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