

2015 Instructions for Completing Your Online Health Risk Assessment

*HRA + biometric screening must be completed by December 31, 2015 to receive \$150.00 in February 2016.

1. Go to:

<https://wellsuite.com/trihealthcorphealth/trihealthphs/default.aspx?grid=9d7f9b26851a>

2.

✓ Please enter your **USER ID** and **PASSWORD** as follows.

✓ Your USER ID is the first four letters of your first name + the first four letters of your last name + birth month and birth day (MMDD format)

Example: John Smith, Date of Birth: Feb 3, 1954 would be: johnsmit0203

✓ Your Password is the last 4 digits of your SSN

3. Click "*Assess Your Health Now*" button on the right hand side of the page in the blue box.

✓ You will be asked to enter 'height' and 'weight'.

✓ Click "NEXT" to continue through each page – complete the assessment as accurately as possible and do not skip any questions.

4. When you get to the "HEALTH TEST" section: You will use the numbers you get at the screening.

5. Once the questions are completed, click "**FINISH**" at the bottom of the page.

6. Rename the report: First Last Name and date: Joe Smith 04.01.2014. Then click 'Save & Exit'.

7. On your opening page, you should now show a new wellness score from 2015. Print this page to keep for your records.

You do not have to report to TriHealth when you have completed your health risk assessment. It will show up in their system as being complete.

If you have any questions, please contact Katie Krimmer or Alexis Roark at hamiltoncounty@trihealth.com.

