

# Access Health Engagement Portal and Complete the Health Assessment

ASR health benefits makes it easy to access all of the health information and tools you need. To access the ASR Health Engagement Portal or to take your Health Assessment, follow the login instructions below.

## Login Instructions:

Go to [asrhealthbenefits.com](http://asrhealthbenefits.com). Select I'm a member.



Enter your username and password, then click the *Log-In* button. (If you are not yet signed up, use the *Sign Up For A Log-In* link and follow the prompts to complete your setup.)

**Member Log-in**

Username

Password

**LOG-IN** ▶

If you have forgotten your password click our [Password Reminder](#).

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Need a Log-in?

If you have not yet completed a log-in form, please take a moment to do so.

**SIGN UP FOR A LOG-IN** ▶

To access the ASR Health Engagement Portal choose the *Health Engagement* menu and select *WebMD Health Services*.

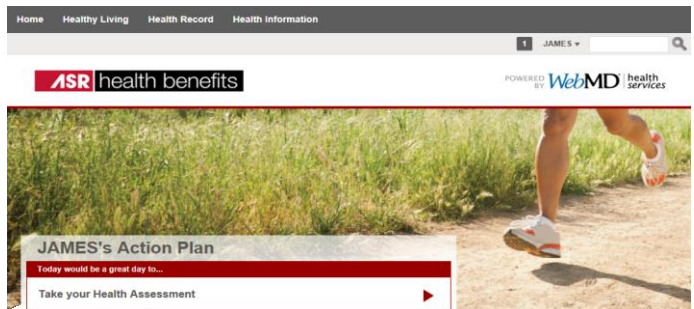


## Navigation:

Complete the WebMD authentication page and follow the prompts on the screen.

From the home page, you may access

- The Health Assessment
- Health tips and information on health topics
- Your personal health goals
- Device and App Connection Center



To complete your Health Assessment select 'Take your Health Assessment' follow the prompts.