ASR health benefits

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. Select I'am 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.)



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

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| HOME M | Y PLAN COVERAGE | CHANGE MY INFO | RESOURCES | HEALTH ENGAGEMENT | |
| | | | NO | WebMD Health Services | |
| Welcome james target | | | (3 | Program Tracker | |

Navigation:

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

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|---|---|
| New User Registration | |
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| To continue on the ASR Health Engagement Member Portal, you must first register. | |
| Frequently Asked Questions | |
| ndicates a required field | |
| 1 Authentication and Security Information | |
| Birthdate (mm/ddlypy): Birthdate (mm/ddlypy): Birthdate (mm/ddlypy): Birth you prefered email address where you like to receive your ASR Health Engagement communications.(if you care available. Well-regarded email providers include: <u>Comail of Yahoo</u> of <u>Cultops</u>) 'Vorify Email Address: (Plesse confirm your email address.) | to not have a personal email account, free email accounts |
| | |
| 2 Agreement | |
| I have read and agree with WebMD's <u>Terms and Conditions</u> and <u>Privacy Policy</u> . | |
| Yes, please update my ASR Health Engagement Member Potal health record with my personal health information. professionally sourced data from my health insurance plan, medical provider, pharmacy banefits plan, or biometric ve qualifying for any incentive program that may be offered by my employer. | |
| For more information about what you should expect from us as we strive to deliver health and wellness solutions, revir | ew <u>Your Rights</u> . Go |

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

| Home Healthy Living Health Record Health Information | | |
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| JAMES's Action Plan | | |
| Today would be a great day to | | Service and |
| Take your Health Assessment | | State of the second sec |

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