Health Assessment Login Instructions

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'm a Member* (Figure 1).

Figure 1

Enter your username and password, then click the *LOG-IN* button (Figure 2). If you are not yet signed up, use the *SIGN UP FOR A LOG-IN* link (Figure 2) and follow the prompts to complete your setup.

Figure 2

To access the ASR Health Engagement Portal, choose the *HEALTH ENGAGEMENT* menu and select *WebMD Health Services* (Figure 3).

Figure 3

Navigation:

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

New members will be prompted to complete the section below (Figure 4). Returning users will be automatically directed to the home page (Figure 5).

Figure 4

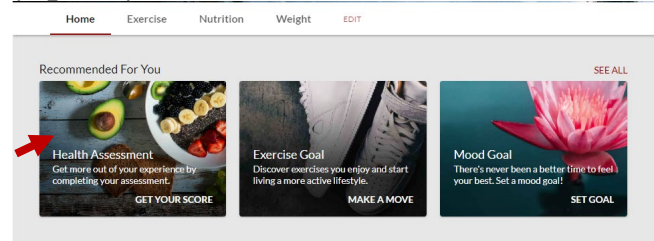From the home page, select *Health Assessment* (Figure 5).

Figure 5

To confirm the Health Assessment is complete, a numerical risk score will be provided (Figure 6).
Note: Please allow 24 hours for the completion date to be stamped into the Program Tracker on the ASR Health Engagement Portal.
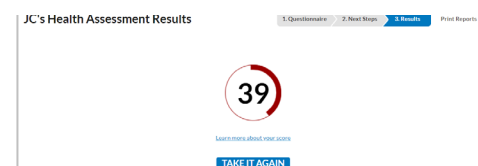

Figure 6

If you need assistance logging on to the Website, please contact the ASR Operations Technology team at (800) 968-3033, ext. 5805 or at **otteam@asrhealthbenefits.com**. If you need assistance navigating the tracker, please contact the ASR Health Engagement team at (800) 968-3033 or at **healthengagement@asrhealthbenefits.com**.