

Health Assessment Log-in 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 and take the WebMD Health Services Health Assessment, follow the log-in instructions below.

Log-in Instructions:

Go to **asrhealthbenefits.com**. Select **MEMBERS** (Figure 1).



Figure 1

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



Figure 2

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



Navigation:

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

New users: You will be prompted to complete the security section below (Figure 4).

	Authentication and Security Information			
	Birthdate (mm/dd/yyyy) * 1/19/1960			
Figure 4	Email Address *			
	Enter your preferred email address where you like to receive your AMH Habit Suggement domain-Ladooit (IP you and AMH HABIT Suggement address and address address address address walkabit AVH and generated email providers include: Cimul or Valence or Custosic).			
	Verify Email Address *			
	(Please confirm your email address.)			
	Agreement			
	 I have read and agree with WebMD's Terms and Conditions and Privacy Policy 			

Returning users: You will be automatically directed to the home page. If you have taken the Health Assessment in the past, you will need to locate the Health Assessment via the three-bullet drop down menu on the top right of the screen (Figure 5).

re 5).	
	Health Assessment
	Resources
Figure 5	Sync Devices & Apps
	Policies
	Settings
	Sign Out
	Contact Us

After completing the Health Assessment, you will receive a risk score (Figure 6). Please allow 24 hours for the completion date to be reflected in ASR's Health Engagement Program Tracker.

	JC's Health Assessment Results	5. Questionnaire	2.Next Steps	2.Rundu	Print Reports 7
Figure 6	(39			
	14	KE IT AGAIN			

Figure 3

For assistance, please call (800) 968-2449 or e-mail us at healthengagement@asrhealthbenefits.com.