



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).

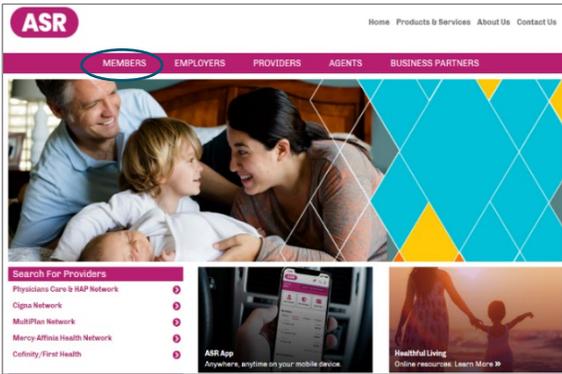


Figure 1

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).

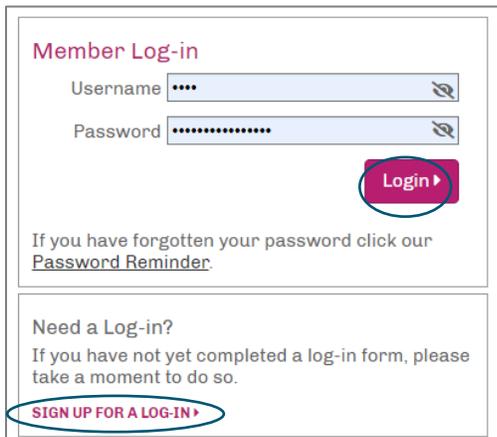


Figure 2

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



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).



Figure 4

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).

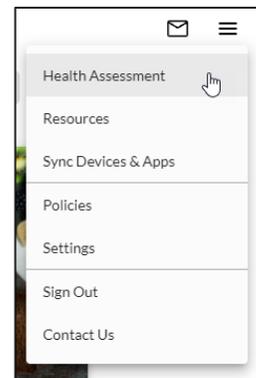


Figure 5

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.



Figure 6

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