

Get Started on Your Health Assessment



This Health Assessment is an evaluation of your overall health – at no cost! It includes questions to assess your physical, mental, and work-life health, and identify potential risks.

Based on your answers, you will immediately receive a Personal Health Report about your well-being to help identify what you're doing well and what you can improve. It's easy and takes a few minutes.

Your responses and results will **not** be shared with anyone in your company. HMAA's

Wellness team will use the information for potential outreach about recommended programs that may meet your needs. All data will be maintained in a secure and confidential database.

How to Get Started

1. If you already have an online account, go to hmaa.com/wellness/healthassessment and click *Log On*. If you forgot your password, click *Forgot Password?* and follow the prompts.
2. To register for a new account, click *Register*.
 - a. You will be prompted to review and accept the Terms & Conditions.
 - b. Refer to your HMAA member ID card and enter the following:
 - Your HMAA Member ID
 - Gender
 - Date of Birth
 - First Name
 - Last Name
 - Email Address

(follow the format instructions)
 - c. You will be prompted to select a custom username and password.
3. Click *Start* under *Assessments* to begin. You will be prompted to give your consent. The assessment should take about 15 minutes. If you need to leave before you finish, the portal will save your answers. Just log back in and continue where you left off.
4. When your assessment is submitted, you will immediately see your Personal Health Report. We encourage you to share your report with your physician.
5. While logged in to your account, you can access other wellness tools and resources.

Participation is voluntary, and personal health information is confidential. The Health Assessment is also available in print or by phone. For assistance, contact HMAAwellness@hmaa.com.

For information about our health and wellness benefits, visit hmaa.com/wellness.

HMAA ■ Phone 808-941-4622 ■ Fax 808-591-0463 ■ Toll-free 888-941-4622