

Directions to Take the GHC-WebMD Health Quotient

(Your online health/wellness assessment questionnaire, or health survey, and report)

Through your GHCMYChart:

[Available to all GHC members]

(1)...Go to GHC-SCW website:

www.ghcscw.com

(2)...Log in to your GHCMYChart.*

**If you do not have a GHCMYChart account, click on "Register & Activate," to create one.*

** If you do not want a GHCMYChart account, use the direct WebMD link directions (see right column).*

(3)...Go to the WebMD Tab and click on "WebMD Portal."

(4)...Proceed To WebMD: A landing page will open on GHCMYChart; click on the red "PROCEED TO WEBMD" box at the bottom of the page.

(5)...WebMD website will open.

a. NEW USERS will need to register for the site.

b. RETURNING USERS will enter automatically.

(6)...To find and take the WebMD Health Quotient

(health risk assessment; questionnaire; survey):

a. NEW USERS: It will open automatically after you register for the site. To take it, click on "Take It Now."

b. RETURNING USERS: It will open to the WebMD Home Page. Click on the HEALTHY LIVING Tab at the top of the page, and then click on HEALTH QUOTIENT.

.....If you HAVE NOT taken it before, click "Take It Now"

.....If you HAVE taken it; and need to RE-TAKE it:

Next to your SCORE (0-100) click "UPDATE SCORE"

It will say "Update Your Health Score," click "OK"

Go through each page, and click "Save & Continue"

When all questions are updated, click "Save & Finalize"

Rank your readiness to change, click "Save & Continue"

Rank your evaluation & time, click "Finish"

It will update your score & date of completion.

(7)...See your score & scroll down to read your reports.

(8)...Log Out (upper right hand corner--click on your Name then down to Log Out); and then Log Out of your GHCMYChart.

OR

Through the direct website link:

[If you do NOT have GHCMYChart account]

(1)...Go to the WebMD Health Manager website:

www.webmdhealth.com/ghcscw

(2) ...Log in to the WebMD website.

a. NEW USERS need to click on "First Time Here? Register" at the bottom of the login box. Follow the directions to register and login.

b. RETURNING USERS enter username and password (created when registered). *[If you forgot your login, click "Forgot Username and Password" under the Login In Box and follow directions].*

(3)...To find and take the WebMD Health Quotient

(health risk assessment; questionnaire; survey):

a. NEW USERS: It will open automatically after you register for the site. To take it, click on "Take It Now."

b. RETURNING USERS: It will open to the WebMD Home Page. Click on the HEALTHY LIVING Tab at the top of the page, and then click on HEALTH QUOTIENT.If you HAVE NOT taken it before, click "Take It Now."

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BIOMETRIC SCREENING NUMBERS: If you have recently participated in a Biometric Screening at your worksite or at your doctors office, for your employer's wellness program, please use those numbers when filling out this questionnaire (e.g., Height, Weight, Blood Pressure, Total Cholesterol, LDL, HDL, Triglycerides, Blood Sugar (Glucose), and A1C (if appropriate)). If they are already entered, just continue with questionnaire. For any values that you do not have, you can click that you do not know them.

PARTICIPATION: *If required for your employee wellness program, GHC-SCW will provide your employer with YOUR NAME to verify that you completed the WebMD Health Quotient. No personal health information will be shared.*

For questions about the WebMD Health Quotient, contact GHC-SCW at wellness@ghcscw.com