

**Medical Mutual**

2060 East Ninth Street  
Cleveland, OH 44115-1355

MedMutual.com

# Take the Health Assessment

## Know Your Risks

To be as healthy as possible you need to understand your health and lifestyle habits. That's the benefit of the Health Assessment from Medical Mutual.

The Health Assessment is a series of questions about your past and current medical information and lifestyle choices. Your results will identify risks you should be aware of, such as your risk for chronic diseases and changes you can make to be at your healthiest. Complete the Health Assessment every year to track changes in your health status.

# Understand Your Health with Medical Mutual's Health Assessment





## Follow-Up Education

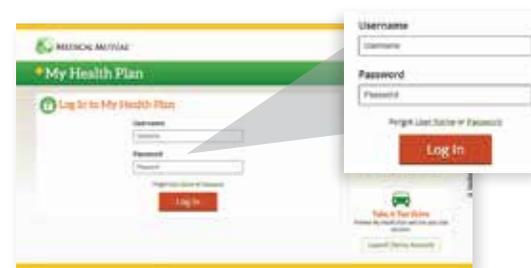
Based on your answers, we may refer you to programs related to your identified risks such as our Disease Management program. Joining a program can help you manage a condition that is affecting your everyday life like diabetes or asthma. You might also receive information on wellness topics to help you make healthy lifestyle changes.

## Your Information Is Safe

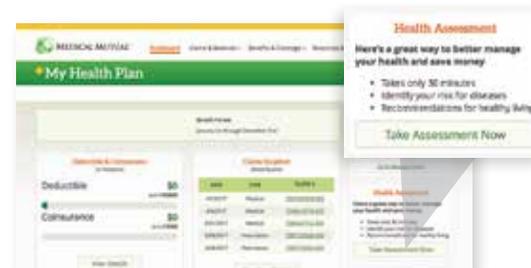
We are committed to protecting information you share with us and your health assessment is no exception. We use our strongest security methods to prevent unauthorized access to your Health Assessment and to maintain your privacy.

## Complete the Health Assessment:\*

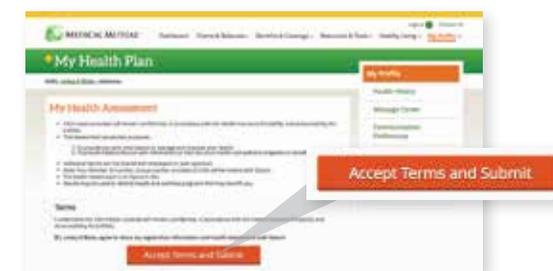
1. Visit [MedMutual.com/member](http://MedMutual.com/member) and log in to My Health Plan.



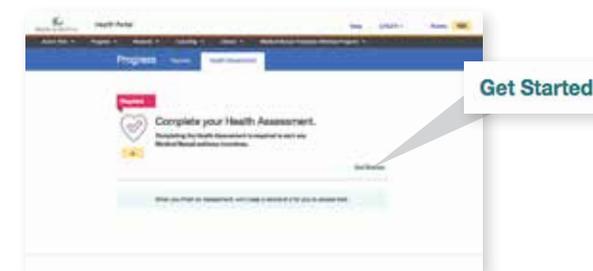
2. Click Take Assessment Now under Health Assessment on your Dashboard.



3. Agree to the terms and conditions and click Submit.



4. Click Get Started and follow the instructions to complete the assessment.



5. You can view and print your results in an Individual Profile Report.

\*Your employer may offer a paper Health Assessment. You will get instructions on how to complete it. You will then get your Individual Profile Report in the mail.

The material provided, including websites and links, is for your information only. It does not take the place your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.