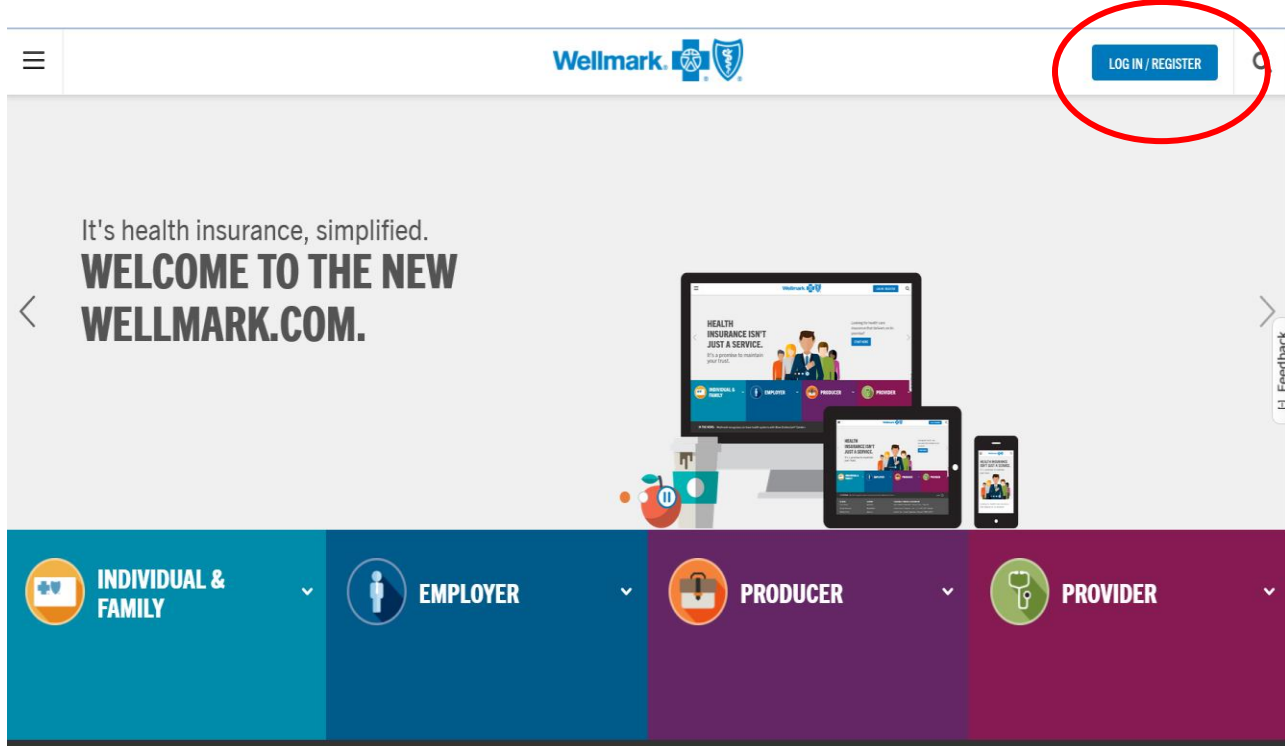
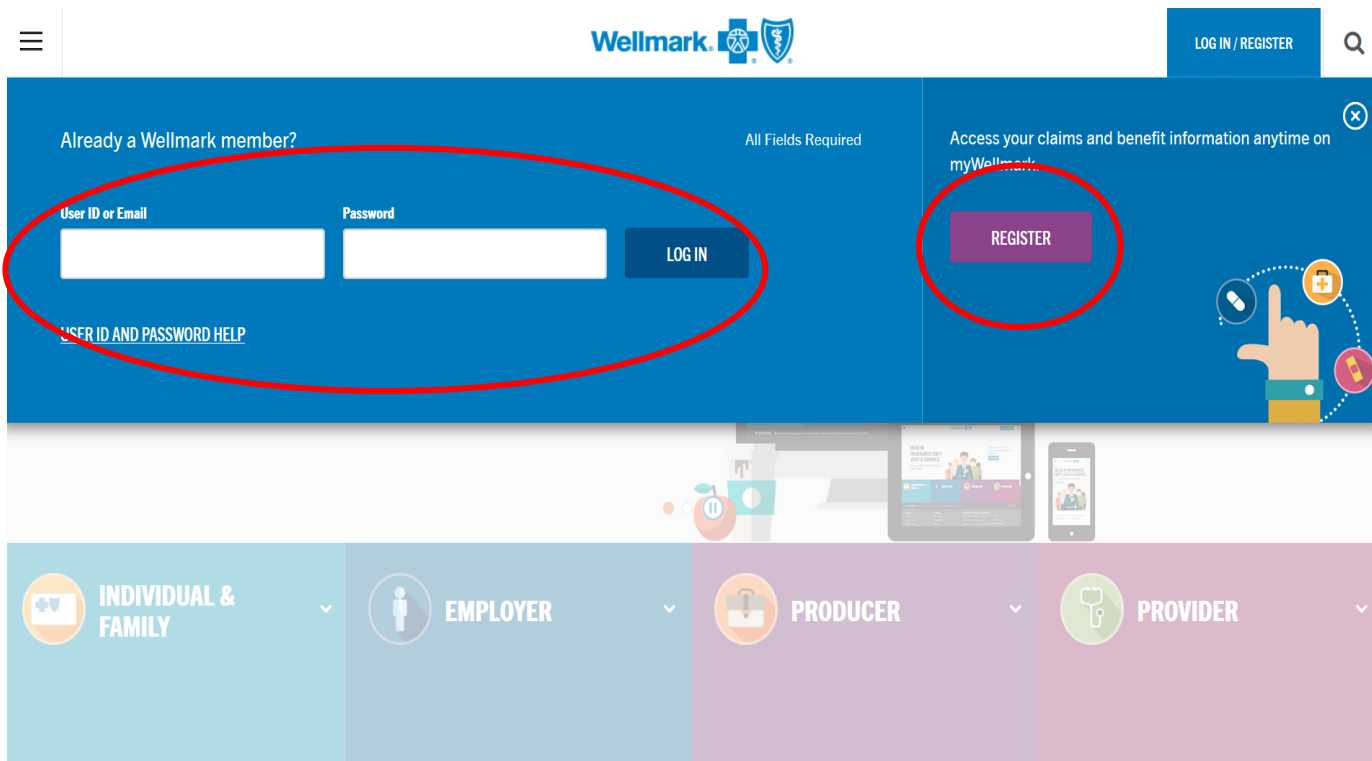


# Completing your Wellness Assessment

Log in to [www.wellmark.com](http://www.wellmark.com) and click LOG IN/REGISTER



If you have not previously registered on wellmark.com, click on “REGISTER” and complete the instructions to create an account. You will need your Wellmark ID Card. If you have an account, log in with your User ID and password.



Once you log in, click on “Visit the Wellness Center”.

The screenshot displays three main sections of the user interface:

- WELLNESS CENTER:** Features a green header, a description of the center's tools, a list of services (Wellness Assessment, Health Topics, Trackers), a photo of a woman and child, and a blue button labeled "Visit the Wellness Center" which is circled in red.
- MESSAGE CENTER:** Features a green header, tabs for "Announcements" and "Replies to Your Questions", an "ACTION..." dropdown menu, a "Go" button, and a message stating "There are currently no messages." with a "See all messages" link.
- HEALTH CARE COST ESTIMATOR:** Features a green header with a dollar sign icon, a description of the tool, and a "Find Costs" button.

On the right side, there is a search form with a "Specialist" radio button, input fields for "Provider's Last Name" and "Provider's First Name", and a "Search" button.

The first time you enter the Wellness Center you may be asked to complete a short registration process. Once you reach the main Wellness Center page, select “Take your Wellness Assessment” (it may also say “Retake your Wellness Assessment” from your action plan. Completing your Wellness Assessment takes approximately 10-15 minutes. If you are unable to complete your Wellness Assessment in its entirety, the information you have entered will be saved, so you can come back and complete it later.

The screenshot shows the top navigation bar with links: Home, Healthy Living, Health Information, Return to myWellmark, and Rewards. Below the navigation bar is a search bar with "LINDA" entered, a "[+] Feedback" link, and "En Español" text. The main header features the Wellmark logo, the text "Wellmark Wellness Center", and "POWERED BY WebMD health services".

The banner below the header is titled "LINDA's Action Plan" and features a photo of a family. A blue bar contains the text "Today would be a great day to..." and a white button with the text "Take your Wellness Assessment" and a right-pointing arrow, which is circled in red.

Upon completion of your Wellness Assessment, you will be able to review your report. To view your report at a later time, log in to wellmark.com and enter the Wellness Center.

Do you need help with registration or logging into myWellmark? Contact Wellmark’s technical support team (EC Solutions) at 800-407-0267 M-F 7am.-5:30p.m. CDT. Have a question about your Wellness Assessment? Call Wellmark at 877-252-8412 24 hours a day, seven days a week.