



MEDICAL MUTUAL OF OHIO®
YOUR HEALTHCARE PARTNER SINCE 1934

Health Assessment

Understanding the Health Assessment

As part of our emphasis on prevention and promotion of good health practices, Medical Mutual of Ohio® offers you access to the Health Assessment, an online health resource that helps you understand your overall health, identifies your risk for certain chronic diseases and gives you guidance on improving your health.



What is the Health Assessment?

The Health Assessment is provided through a partnership between Medical Mutual® and WebMD®, the leading online health and wellness information service. The Health Assessment is a series of questions about your past health history, current medical information and lifestyle habits, compiled to give you a picture of your overall well-being. The multiple-choice and fill-in questionnaire is completed online but does not require advanced computer skills.

Once you have answered all of the Health Assessment questions, a scored summary report will appear on the screen to help you evaluate your health risk for certain chronic diseases, such as diabetes or heart disease. In addition, this report will provide information on various health topics related to your risk. Your Health Assessment data will be saved to allow you to access it at a later date and update your personal health information. To monitor for changes in your health status, Medical Mutual recommends annual completion of the Health Assessment.

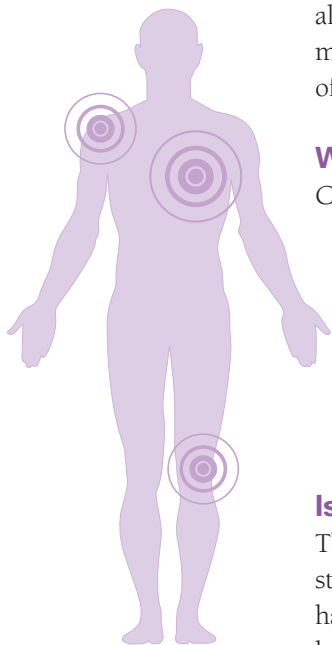
Why should I take the Health Assessment?

Completing the Health Assessment:

- Provides you with information to help you and your family members manage or improve your health.
- Provides your company with information to help develop health and wellness programs that would benefit you and your fellow employees. Please note: Medical Mutual never shares your individual data with your company.

Is the personal information I submit to Medical Mutual secure?

The WebMD® Health Assessment tool is protected by Medical Mutual's highest security standards and procedures to prevent unauthorized access to customer information. We have always been committed to protecting information shared with us and are required by law to maintain your privacy.



Will Medical Mutual communicate with me in any way based on my Health Assessment information?

To help you improve your overall health score, a few Health Assessment responses may trigger a referral to the *SuperWell® Disease and Maternity Management Program*. If you choose to participate in the *SuperWell Disease and Maternity Management Program*, it will provide an opportunity to help you manage a condition that may be affecting your health. In addition, you may receive educational brochures on various wellness topics (e.g., stress, exercise, seat belt use) that you may find helpful for making healthy lifestyle changes.

How do I complete the Health Assessment?

Medical Mutual members can access the Health Assessment through *My Health Plan* on, MedMutual.com.

To register on MedMutual.com:

- Go to MedMutual.com.
- Select the *Member* tab.
- Under the *Register* heading, click the *Please register today* link.
- Enter the information required for each field on the *New User Registration* screen. (Please note the username and password you create. Going forward, you will need them to access MedMutual.com.)
- Agree to the Web site's terms and conditions and click the *Continue* button.

To complete the Health Assessment:

- Go to MedMutual.com.
- Click the *Member* tab.
- Enter your username and password and click the *Submit* button.
- Click the *Health and Wellness* tab.
- Click *Health Assessment*.
- Agree to the Web site's terms and conditions, and click the *Submit* button.
- On the *Health Assessment* homepage, click *Take the Health Assessment now*.
- Answer the questions and click the *Submit* button at the bottom of each page.
- When you are finished, you will receive a personal profile of your current health status.



Taking advantage of the Health Assessment gives you an opportunity to get healthy and stay healthy.

