Completing your Online Health Risk Assessment:

Before beginning the questionnaire, please have your medical information at hand with approximate dates of most recent preventive services, health screenings, and measurements, including your *height*, *weight*, *waist measurement*, *blood pressure*, *cholesterol* and *glucose test results*, if known. While none of this information is required, it will make your HRA profile more accurate and complete.

5 Easy Steps

My TakeCare℠

Step 1:
Log in to your "**MyTakecare account.**" If you do not have an account, you can create an account at <u>my.takecareasia.com.</u> Click the "I'm a member" link and follow the instructions. **Note:** You will need your TakeCare Member ID number which can be found on your TakeCare insurance card.

Step 2:
Once you have successfully logged into your "**MyTakecare account**," navigate down to my "**Health Tools**" located in the middle of the screen, then click on "**Health Risk Assessment**."

Step 3:
Click "**Accept**" then "**Enter**". This will prompt you to start the Health Risk Assessment Questionnaire.

Step 4:
Answer the questionnaire and don't forget to click, "**Submit.**"

Step 5:
A Health Risk Assessment report will be generated. You can print a copy or revisit the site to obtain your results at any time.

A completed "Health Risk Assessment" questionnaire can only be submitted **once per benefit year**.

My TakeCare℠

- **Reprint your member card**

- **See your claims information**

- **Track your wellness goals**

- **Complete a health risk assessment questionnaire**
  (See reverse side for step-by-step instructions)

Register Today!

MyTakeCare℠ is a convenient and secure online portal allowing you to access your personal medical and health plan information **24 hours a day**, **7 days a week**.

With MyTakeCare℠, you will be able to access valuable health and wellness resources through TakeCare's Healthwise Knowledgebase, as well as manage your own personal health within MyTakeCare℠ health calendar.

Account creation instructions

1 Visit **my.takecareasia.com** to register.

2 For New User Registration, click the "**I'm a Member**" link.

3 **Note** - you will need your TakeCare Insurance member ID number to create your account. You can find this on your TakeCare insurance card.

4 Follow the account creation wizard from here and save, write down, or remember your account credentials.

Healthcare that puts you in control.℠