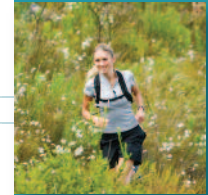
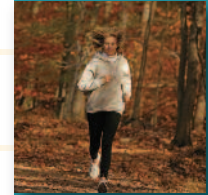


Your  
Guide  
to  
SimplyWell



**SIMPLYWELL.**  
INTEGRATED  
HEALTH SOLUTIONS™

1.877.991.WELL  
info@simplywell.com  
www.simplywell.com

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## TO ENROLL IN SIMPLYWELL

Go to [www.simplywell.com](http://www.simplywell.com)

**CURRENT Participants:** Enter your User ID and Password.

**FIRST TIME User:** Click on LOGIN, then click the REGISTER button below the First Time User. Click MY EMPLOYER, Enter your Participant ID, Date of Birth and Gender in the space provided, and then click the BEGIN button.

### STEP 1

**CURRENT Participants:** Update your Contact and Security Information.

**FIRST TIME User:** Enter your Contact and Security Information.

This will enable you to create your personal User ID and Password.

### STEP 2

Accept the Agreement and Policy Information.

### STEP 3

Register for your Health Screening.

Select the DATE & TIME you would like to attend your onsite Health Screening by clicking the button next to the date of your choice, then select a time slot by using the drop down arrow.

### STEP 4

View and Order Lab Work.

You will be able to view the lab work being offered as part of your program.

You can also purchase additional lab prior to your health screening date, if your company offers this option.

### STEP 5

**CURRENT Participants:** Update your Medical History.

**FIRST TIME User:** Record your Medical History.

You may want to have your medications, surgeries, allergies, etc listed prior to completing your health questionnaire. You can update your medical history at any time.

### STEP 6

Complete the Online Health Questionnaire.

Please allow approximately 30 minutes to complete. You may scroll back and forth between the pages. If you cannot complete the questionnaire and you need to return later, click the SAVE & FINISH LATER button. When you have completed the questionnaire, click the SUBMIT button.

## YOUR LAB RESULTS & HEALTH REPORT

After you have completed your enrollment steps, health questionnaire and attended your onsite health screening, you will be able to view your lab results and health report online at [www.simplywell.com](http://www.simplywell.com). To view your personal lab results, go to 'Quick Links' at the top of your My Home for Health page and click on MY LAB & TEST RESULTS. Some of the results may not be viewable until you speak with a SimplyWell nurse. In these circumstances, there will be a message on your computer screen. To view your personal health report, go to 'Quick Links' at the top of your My Home for Health page and click on MY HEALTH REPORT.

## FREQUENTLY ASKED QUESTIONS

### Q How do I change my health screening date?

**A** To change the date of your health screening, go to 'Quick Links' located at the top of your My Home for Health page and click on VIEW/CHANGE HEALTH SCREENING. Select the health screening date and time you would like to attend and then click UPDATE. If you elected to receive emails from SimplyWell, you will receive a confirmation email with your new date and updated time.

### Q I'm a returning participant, do I need to complete the health questionnaire again?

**A** Yes. Returning participants who complete the onsite health screening and the health questionnaire receive year-to-year comparative data outlining your areas of success, as well as those areas where you need to improve.

### Q How long does the health screening process take?

**A** About 15 to 20 minutes. The stations are: ⇒Check-in ⇒Lab Work ⇒Height & Weight ⇒Blood Pressure & Pulse ⇒Check-out.

### Q Do I have to "fast" prior to having my blood drawn?

**A** Yes. We recommend you fast for 8 to 12 hours prior to having your blood drawn. You should continue to take any prescribed medications. Please drink water to remain hydrated. If you have any medical conditions, such as diabetes, which may be affected by fasting, please consult your physician(s).

### Q Can my physician(s) view my test results/reports?

**A** Yes. You are able to provide your physician with access to view your My Home for Health page. To create a temporary User ID and Password for your physician, go to 'My Information' located at the top of your My Home for Health page and click on GRANT TEMPORARY ACCESS. Then click the SUBMIT button.

### Q Will my personal results be shared with my organization?

**A** No. The SimplyWell Application has been designed and developed with the best available technology to support full compliance with all applicable federal and state privacy laws. Maintaining the privacy and security of your personal health information is at the center of SimplyWell's core values.



[www.simplywell.com](http://www.simplywell.com)  
For Assistance Call  
1.877.991.WELL (9355)