

# HEALTH RISK ASSESSMENT

AvMed members only

## ON-LINE INSTRUCTION

1. Go to: [www.avmed.org](http://www.avmed.org)
2. Choose: MEMBERS
3. Go to: MEMBER SERVICES ONLINE
4. You now have three choices:
  - a. If you have no user ID, click [here](#).
  - b. If you want to change user ID or Password, click [here](#).
  - c. If you have forgotten user ID or Password, click [here](#).
5. Create a User ID and Password to use when you log in. Responses are case-sensitive, 'avmed' is different than 'AvMed'.
6. Choose DECISION SUPPORT CENTER from menu at left.
7. Then scroll down to HEALTH RISK ASSESSMENT.
8. Health Risk Assessment Welcome page: click NEW HEALTH ASSESSMENT.
9. Answer the questionnaire and submit. Your INDIVIDUAL WELLNESS REPORT is available in moments.

You will receive a HEALTHWISE HANDBOOK. This 400+ page book is full of practical information on health and wellness. It is available in English, Spanish and a “50 and Over” version.

Health plans with  
**your health**  
in mind.

**AvMED**  
HEALTH PLANS