

WANT TO GET AN 'A' IN HEALTH?

AvMed's Health Report Card

- Learn about your potential health risks
- Set goals based on your health needs

It's easy as 1, 2, 3.

To take a brief **confidential** online survey about your medical history:

1. Log on to AvMed's Web Site at www.avmed.org
2. Click on **My Account** then **My Health Tools**
3. Find the **Health Report Card** link and follow the steps to begin your personal health assessment.

Once you complete the survey, you will receive:

- Healthy Living Score
- Personal Health Plan

You can take a follow-up assessment to see how far you've come.



AVMED
HEALTH PLANS

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How do I access my Health Report Card?

Log on to AvMed's Web Site at www.avmed.org and click on **My Account** then **My Health Tools**.

Is my Health Report Card confidential?

Yes. All personal health information will be kept confidential.

Is this available online?

You may complete the personal health assessment questionnaire online.*

What if I have a question in the middle of the survey?

If you need help, AvMed Member Services representatives are available 24/7 at the toll-free number listed on your AvMed ID card.



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

*Call Member Services at the number listed on the back of your AvMed ID card if you are unable to complete the survey online and they will send you a paper copy.

The personal health assessment is administered by Healthyroads™.