



OVERVIEW OF YOUR DASHBOARD

After completing your survey and creating a username and password, you will be brought to your dashboard view in the system. The following steps, will give you information on how to view your dashboard.

If you haven't logged in, see the "Returning to your Portal" User Guide if you need help logging in.

At the top you will see your overall Health Indices scores. Use the question mark to see how these scores are calculated.

Numbers in the portal are based on a 100 point scale. In most cases, higher the number equals lower the risk in your Health Indices score.



The colors coordinate with the level of risk associated with each category.

Red: High Risk Yellow: Moderate Risk Green: Low Risk

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In each category, there is a question mark to provide overall education on the selected category and a "play button" to provide additional details of a specific risk. A brief informational video will appear. (These videos do not qualify for HRA credit.)



Additional Dashboard Features:

- My PHR: (Personal Health Report) This is a PDF file of your personal health report. It combines data from your screening and survey.
- My Lab Report: You can view/print off a one-page summary of your wellness screening labs.
- Access to the Events Calendar to see classes available each day.
- Meet with a Health Coach registration button: You can sign-up for a one-on-one coaching session directly from your dashboard.
- Release Labs to Physician: You may send your one-page lab summary directly to your Primary Care's office.
- My Rewards: An overall tally of your wellness incentive progress and HRA credit.