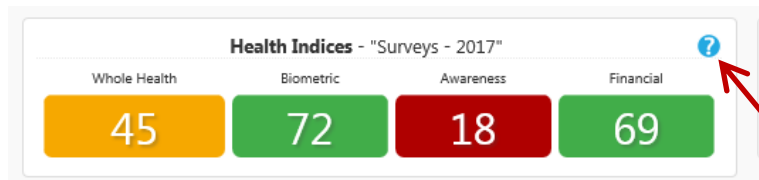


OVERVIEW OF YOUR DASHBOARD

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.

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

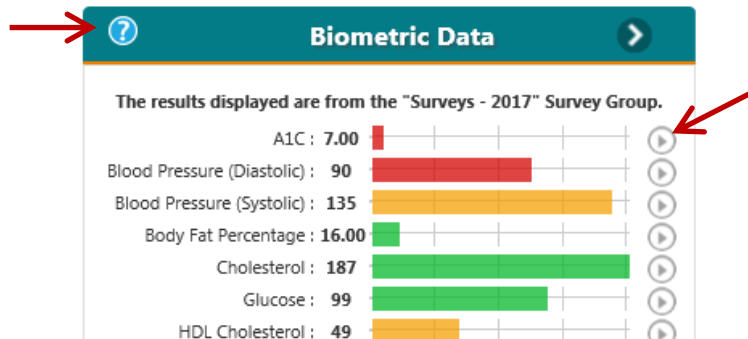
2 At the top you will see your overall Health Indices scores. Use the question mark to see how these scores are calculated. Numbers in the portal are based on a 100 point scale. In most cases, higher the number equals lower the risk in your Health Indices score.



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

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

4 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.