

How to create your inHealth account and complete the Health Risk Assessment Questionnaire (HRA) and Screening

Team members and spouses enrolled on the health plan must complete an HRA prior to their wellpower screening. For team members who already have an account, you will only need to complete an HRA. Team members and spouses who do not have an account, you will need to create one. The instructions on how to create an account and complete the HRA are below.

Due to COVID-19 all screenings are by APPOINTMENT ONLY. Walk-ins will not be seen.

1 Register or Log in

- a. Download the app onto your smart phone by searching for “InHealth”



You may also conveniently login on a computer at <https://portal.inhealth4change.com>

- b. Select “Create Account”
- c. Enter the company ID: **SVH**
- d. Complete the account creation information
 - i. **NOTE:** you will need to include the LAST 6 of your SSN
- e. Select “Create”

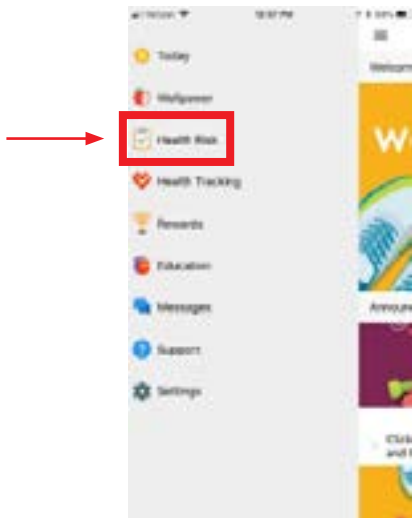
[Instructions continued on page 2]

Your privacy is important to us. All personal health information received through wellpower is stored and managed in a safe, secure and confidential manner. Your Human Resources team will not have access to any of your medical records.

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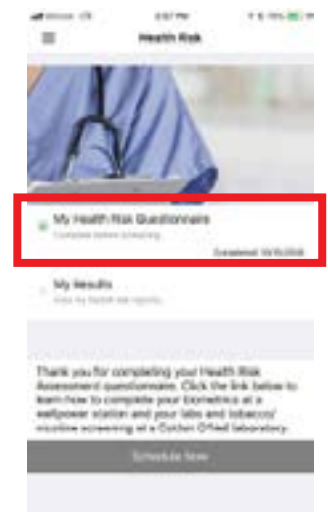
Complete Health Risk Assessment (HRA) Questionnaire

a. You must complete a questionnaire before your screening appointment, or you will not be screened. From the mobile app or portal, go to the Health Risk page and complete the questionnaire. Select the little lines in the left-hand corner of the screen to get the drop-down menu.



b. In the Menu (on the mobile device or computer), select “Health Risk”.

c. You will be given a link to complete the questionnaire. Be sure that you enter your initials at the end of the questionnaire to complete the consent process. Once your questionnaire is complete, you will see a green check mark indicating complete along with date completed.



- 3** Schedule an appointment for your wellpower biometric screening by visiting <https://booknow.appointment-plus.com/b00nbcn4/>. To ensure the safety of all participants and to allow for social distancing, no walk-in appointments will be allowed. All screenings will be by **APPOINTMENT ONLY**. Book early to get your preferred date, time and location.

- 4** Attend your wellpower screening to complete your lab and biometrics measurements including blood glucose, cholesterol (total cholesterol, LDL, HDL and triglycerides), tobacco/nicotine screening, height, weight, waist circumference, blood pressure, heart rate and, if applicable, body composition.

- 5** Review your results in the inHealth mobile app or portal to better understand your health.