

Health Assessment Instructions



It's very important to complete your Health Assessment to engage in the Go365 program. Here are a few things you need to know about the Health Assessment and how to complete it online at go365.com or on our Mobile App.

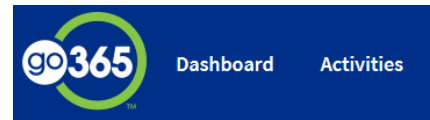
What is it?

Completing the online Health Assessment (HA) is the first step each member needs to take to start participating in the Go365® program. It's a quick health survey that only takes about 10 minutes to complete and will help set personalized health goals and get started on the path to wellness.

How to Complete the Health Assessment:

Online at Go365.com

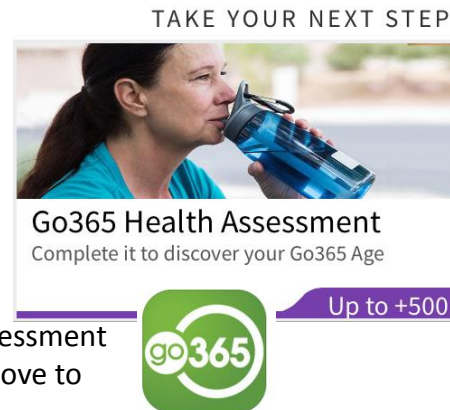
1. Sign in to Go365.com
2. Click "Activities" and click on Go365 Health Assessment
3. Then Click on "Get Started"



OR

Mobile App

1. Download the Go 365 Mobile App from the App Store or Google Play and log in
2. Scroll through and click "Get Started"
3. On the Menu bar click "Activities"
4. Under "Take Your Next Step" click on Go365 Health Assessment and complete any of the sections in just 2 minutes to move to Bronze Status!



Why is it Important to Complete my Health Assessment?

By completing your HA you automatically move to Bronze Status, one step closer to the engaged status of Silver. You will also receive access to rewards in the Go365 Mall! If you complete the HA within the first 90 days of the program year you will earn 250 Bonus Points!

**Make changes toward living a more productive
healthier lifestyle, [get started today!](#)**