



MEDICAL MUTUAL®

# Knowledge Is Power

## Health Assessment

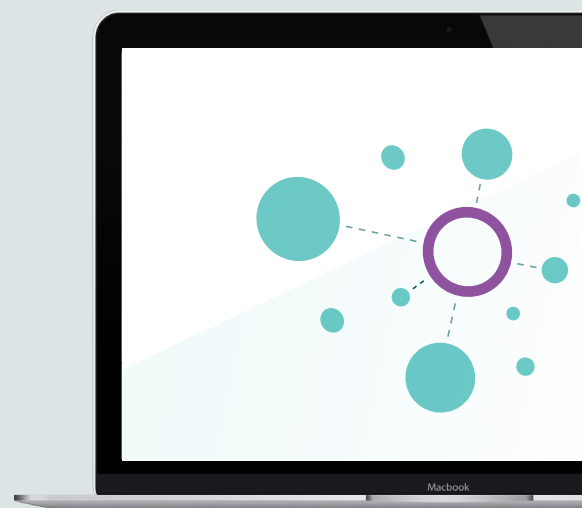
The interactive and intuitive design of the Wellsource lifestyle health assessment blends responses to health-habit questions with biometric data from your screening. Once completed, you'll receive two reports:

①

**A personal report** describing the impact of each risk factor on your health and providing you with an overall wellness score.

②

**A physician summary** report that you can print and share with your doctor during your next appointment.



## Next Steps

- To access the assessment, visit the dashboard of the Medical Mutual Wellness portal and click Get Started under the Health Assessment step.
- The assessment takes around 15 minutes to complete.
- Receive a personal report and a physician summary report based on your responses and screening results.

**Portal:** Log in to [www.medmutual.com/member](http://www.medmutual.com/member) and select **Wellness Portal** from the Healthy Living drop-down.

**Toll-Free:** 1-855-553-1006