Health Risk Questionnaire

New User Logon/Registration Instructions

Last day to complete the HRQ and be eligible to earn a reward in the Wellpower Spring Reward Period: June 21, 2013

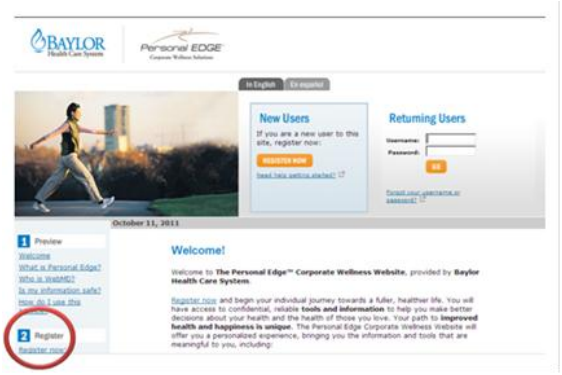
Thank you for your interest in completing the Health Screening/Health Risk Questionnaire process at Southern Methodist University. If you have not already done so, please log on to the Baylor Health Care System wellness website and complete your confidential **Health Risk Questionnaire (HRQ)**.

Below are detailed instructions on creating your account and completing the Health Questionnaire.

PLEASE NOTE: Please locate the lab results given to you at your recent screening and use those results to complete the corresponding items on the questionnaire. If you are unable to locate your screening results, or you haven't yet completed a screening, choose "I don't know" as your answer to questions about your biometric measurements. This will enable you to complete the health questionnaire.

Step 1: Log on and register

- If applicable, locate your Baylor Screening lab results sheet given to you at your recent screening
- Go to https://www.webmdhealth.com/baylorhealthcaresystem/default.aspx?secure=1
- Click the "Register Now" link next to "New Users" (see image)



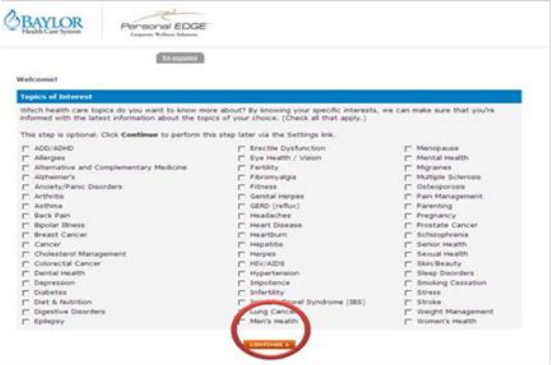
Step 2: Complete the registration form

- When asked for your Eligibility ID, enter the letters:
  Your Employee ID + SMU

  Example: 12345678SMU
- Create a User Name and Password for this account (save for future access)
- Click the "Submit" button when you are finished (see image)

Step 3: Complete the Topics of Interest screen

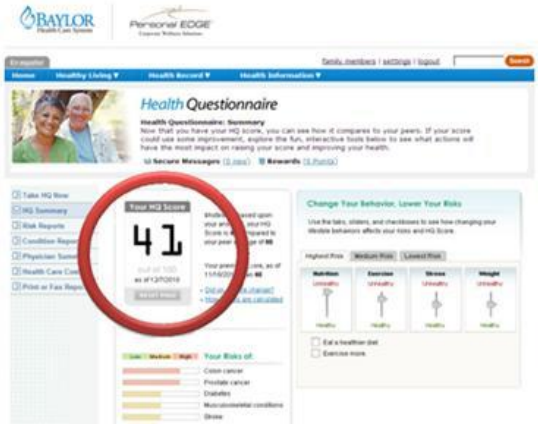
Check the boxes next to the health topics that interest you, then click the "Continue" button
(see image)



Step 4: Complete Health Questionnaire

Click the “Take the Health Questionnaire Now” link and complete all questions (see image)

The Health Questionnaire is complete when you receive your “Health Risk Score” and the “HQ Summary!”



If you are completing a screening, or have done so recently, your biometric data may be uploaded to your questionnaire later. You’ll be able to print out an updated report at that time.

Wellpower will notify participants via email when Baylor Health Care has loaded the biometric data from screenings into health questionnaires.

Returning Users

If you have completed a questionnaire in the past, try logging in with your previous login/password.
Go to https://www.webmdhealth.com/baylorhealthcaresystem/default.aspx?secure=1

If you don't recall your login/password, use the "forgot username or password" link below the login box. This will allow you to retrieve your username and reset your password.

Once you logon, click the Health Questionnaire link in the left-hand navigation.

If you are still experiencing difficulty registering or logging into the site, you may call their Help Desk for assistance at **866-762-9940.**

Questions about the process? Email wellpower@smu.edu.