



MEDICAL MUTUAL®

Knowledge is power.

Health Assessment

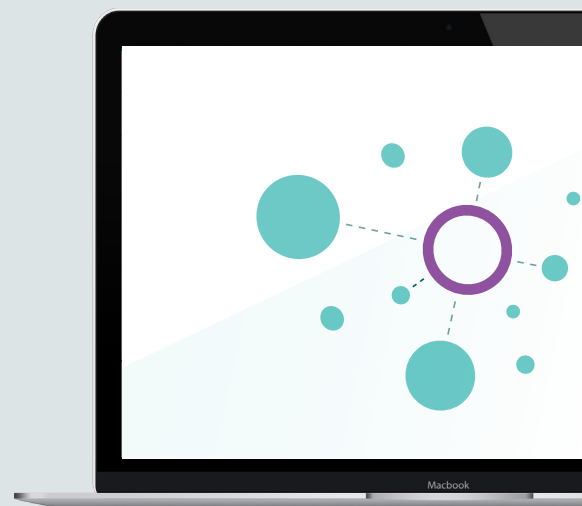
The interactive and intuitive design of the Wellsource lifestyle health assessment blends responses to health-habit questions with biometric data from your screening. Once completed, you'll receive two reports:

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 and select **Wellness Portal** from the Healthy Living drop-down.

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