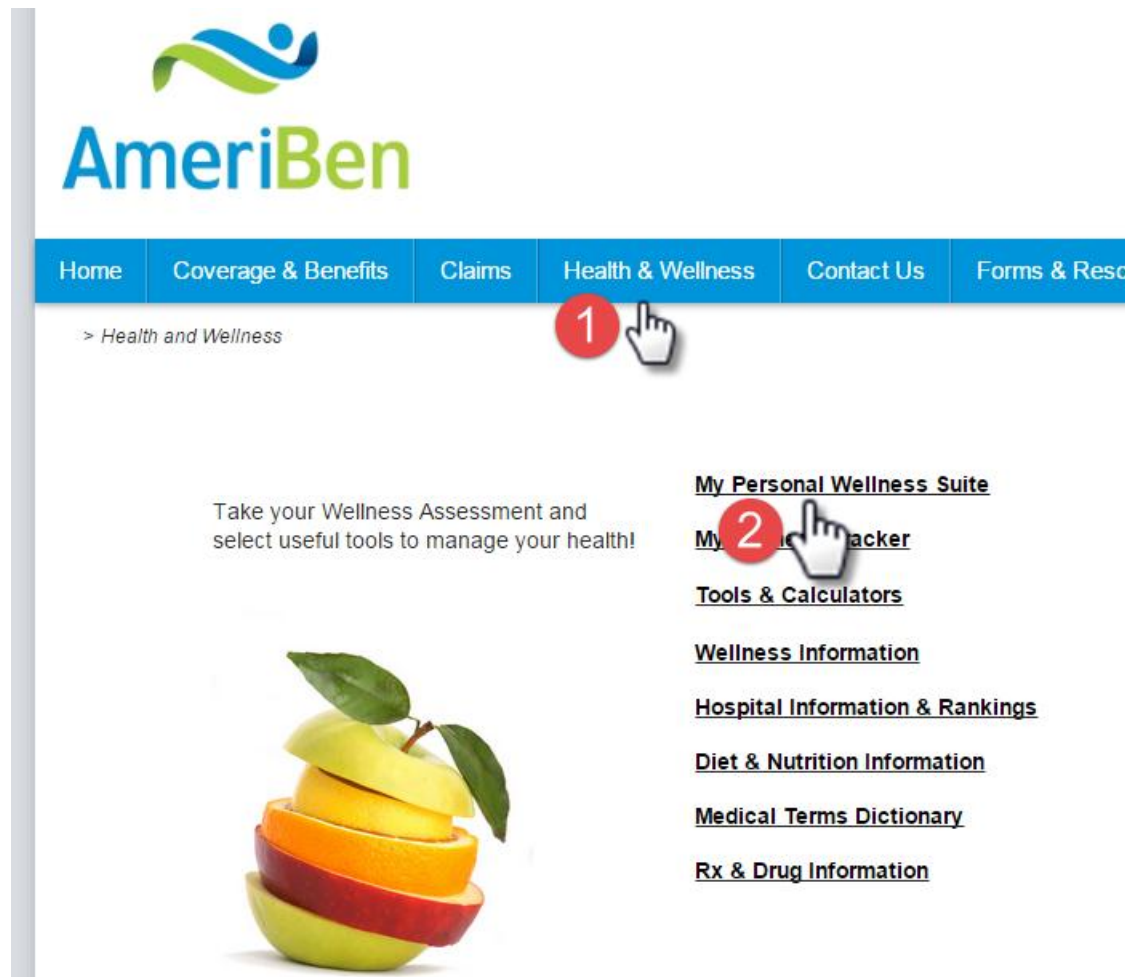


Trending your *Personal Wellness Assessment* information is a great idea. Use WellPath to improve your health and your *Total Wellness Score* year after year.

To find your information from your past wellness assessments you will need to log into your account at www.myameriben.com. Once logged in click on *Health & Wellness* in the navigation bar (#1 below). Then click on the *Personal Wellness Suite* link which becomes available (#2 below).



The screenshot shows the AmeriBen website interface. At the top is the AmeriBen logo, which consists of a stylized blue and green wave above the text "AmeriBen". Below the logo is a blue navigation bar with the following menu items: "Home", "Coverage & Benefits", "Claims", "Health & Wellness", "Contact Us", and "Forms & Reso". A red circle with the number "1" and a hand cursor icon points to the "Health & Wellness" menu item. Below the navigation bar, the breadcrumb trail reads "> Health and Wellness". The main content area features a stack of sliced fruits (apple, orange, and red apple) on the left. To the right of the fruit stack is the text: "Take your Wellness Assessment and select useful tools to manage your health!". Further to the right is a list of links under the heading "My Personal Wellness Suite". A red circle with the number "2" and a hand cursor icon points to the "My Health Tracker" link. The list of links includes: "My Personal Wellness Suite", "My Health Tracker", "Tools & Calculators", "Wellness Information", "Hospital Information & Rankings", "Diet & Nutrition Information", "Medical Terms Dictionary", and "Rx & Drug Information".

AmeriBen

Home Coverage & Benefits Claims **Health & Wellness** Contact Us Forms & Reso

> Health and Wellness

Take your Wellness Assessment and select useful tools to manage your health!

My Personal Wellness Suite

My Health Tracker

Tools & Calculators

Wellness Information

Hospital Information & Rankings

Diet & Nutrition Information

Medical Terms Dictionary

Rx & Drug Information

Then you want to click on *Your Resources* as you see it below as #3. Then from the pop-out menu choose *Past Wellness Assessments* (#4 below).

The screenshot shows the AmeriBen website interface. At the top is the AmeriBen logo. Below it is a navigation bar with tabs for Home, Coverage & Benefits, Claims, Health & Wellness, Contact Us, and Forms & Resources. A dropdown menu is open under 'Your Resources', which is marked with a red circle and the number 3. The dropdown menu lists several options: Wellness Assessment, Virtual Coaching, Virtual Coaching Instructions, Online Seminars, Conversations, Personal Health Record, Past Wellness Assessments (marked with a red circle and the number 4), and Online Satisfaction Survey. Below the navigation bar is a banner with the text 'Keep building strong bone strength training goes a... maintain bone densi... don't even have to use wei...'. To the left of the banner is a 'Track Your Progress' section with a graph icon and a 'Start Tracking!' button. To the right of the banner is a 'Your Top Priorities' section with a 'Wellness Assessment' card that says '+ 15' and 'You have completed the Wellness Assessment. This is just the first your wellness goals. Please review the information from your asse in other program activities.'


Now you can view your *Total Wellness Score (TWS)* over time. You can also see the change over time in the column entitled *change*. You want to see the score increasing (a positive number) over time. Below in the example the TWS has decreased by 9 points so the person's personal wellness is declining. In the change column you can see if *Clinical Risk Factors* or *Lifestyle Risk Factors* have remained unchanged, declined or improved. You may click on each risk factor for more information.

Please consider taking your report to a meeting with a WellPath Coach.

(www.wellpath.info/coaching) You can discuss your results and if you like you can set a Health Enhancement Goal to improve your TWS or any factor.

Wellness Assessment History

Your progress is based on your two most recent assessments, and this is reflected in the Change column.



Your wellness score has decreased since your last survey. Your current health habits indicate that you are now at moderate risk for health problems. You may find it helpful to work more closely with your doctor, a health coach, or other health professional to find ways to improve your lifestyle and lower your health risks. Use this report as a guide to some of the first steps you might want to take.

Completed Assessments					
	Jul 16, 2012	Mar 13, 2014	Mar 31, 2015	Change	
Total Wellness Score 	85	90	81	-9	
	view report »	view report »	view report »		
Clinical Risk Factors					
Blood Glucose 	Low Risk	Low Risk	Low Risk	Unchanged	
Blood Pressure 	Moderate Risk	Moderate Risk	Moderate Risk 	Unchanged	
Cholesterol 	High Risk	Low Risk	High Risk 	Declined	
Triglycerides 	Low Risk	Low Risk	Low Risk	Unchanged	
Weight 	High Risk	High Risk	High Risk 	Unchanged	
Lifestyle Risk Factors					
Alcohol Use 	Low Risk	Low Risk	Low Risk	Unchanged	
Dietary Fat 	Low Risk	Low Risk	Low Risk	Unchanged	
Fruits / Vegetables 	Low Risk	Low Risk	Moderate Risk 	Declined	
Motor Vehicle Safety 	Low Risk	Low Risk	Low Risk	Unchanged	
Physical Activity 	Low Risk	Low Risk	Low Risk	Unchanged	
Stress / Coping 	Low Risk	Moderate Risk	High Risk 	Declined	
Tobacco Use 	Low Risk	Low Risk	Low Risk	Unchanged	