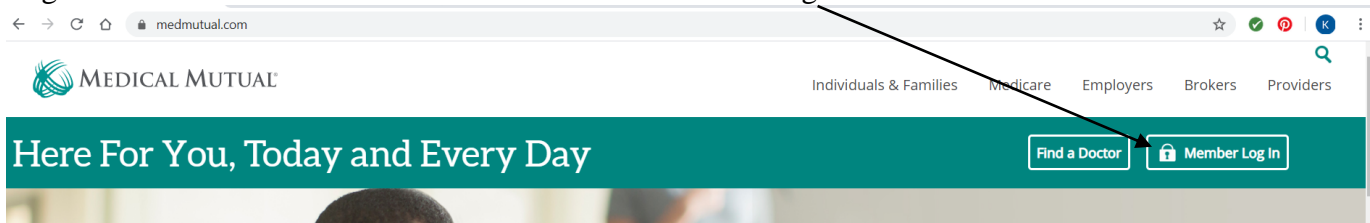


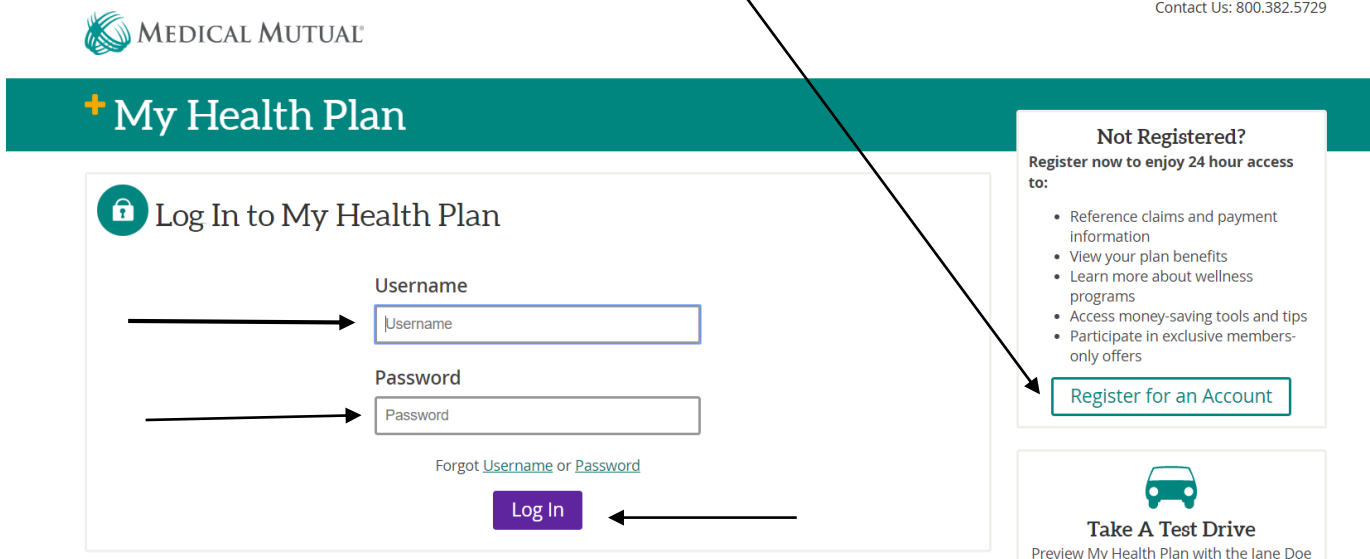
# MEDICAL MUTUAL ONLINE HEALTH ASSESSMENT/VERIFICATION OF COMPLETION

Log in to **www.medmutual.com** and click on the Member Log In button

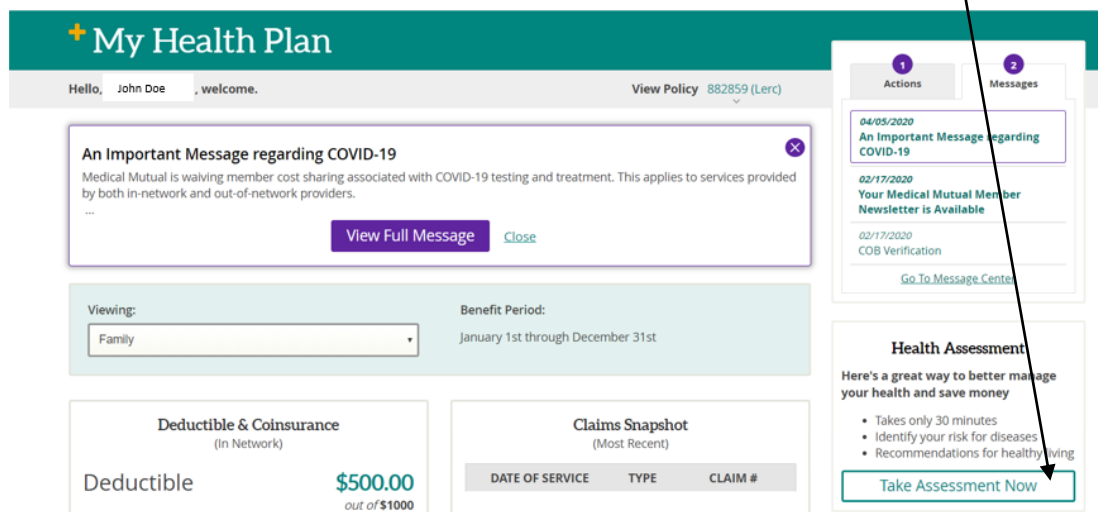


Enter your username and password and click on the Log In button. **NOTE:** Amherst staff does not have access to your account, so please keep your username and password information somewhere that you can find it. If you do not have an account click on the **Register for an Account** button to set one up.

Contact Us: 800.382.5729



Once your **My Health Plan** page opens up, click on the **Health Assessment, Take Assessment Now** button. This will allow you to complete the assessment **OR** receive confirmation if you have previously completed the assessment.



On the **My Health Assessment** screen in the **Terms** portion of the screen, you will need to click on the checkbox next to your name, and then click on the **Accept and Submit** button.

**My Health Assessment**

- Information provided will remain confidential, in accordance with the Health Insurance Portability and Accountability Act (HIPAA).
- This Assessment serves two purposes:
  - To provide you with information to manage and improve your health.
  - To provide Medical Mutual with information to help structure health and wellness programs to benefit members.
- Individual results are not shared with employers or plan sponsors.
- Note: Your Member ID number, Group number and date of birth will be shared with Optum.
- The Health Assessment is on Optum's site.
- Results may be used to identify health and wellness programs that may benefit you.

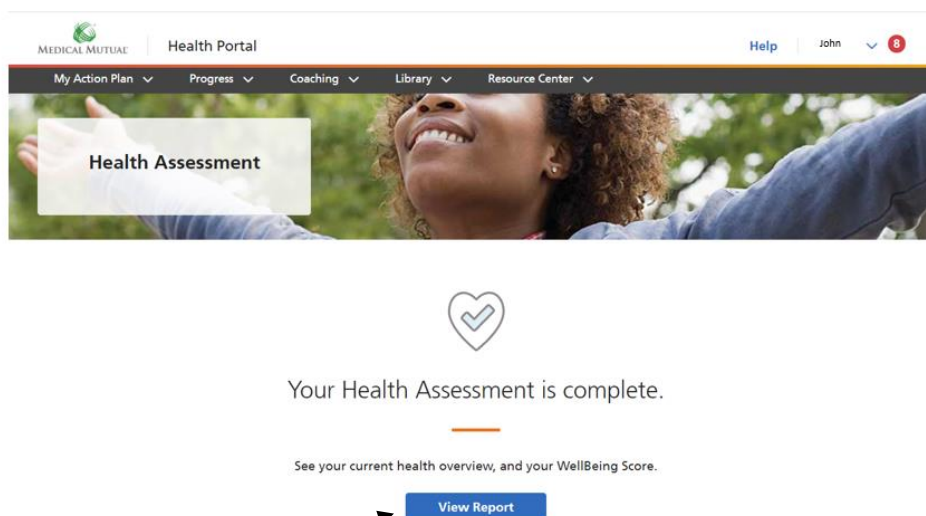
**Terms**

I understand the information I provide will remain confidential, in accordance with the Health Insurance Portability and Accountability Act (HIPAA).

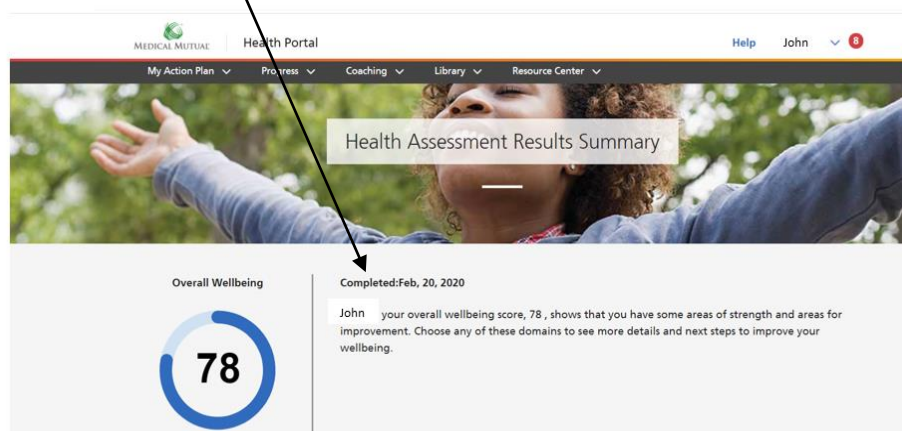
☐ I, John Doe, agree to share my registration information and Health Assessment with Optum

Accept and Submit

If you need to complete the assessment you will follow the instructions on the screen. If you have already completed the assessment the following screen will open up:



If you click on the **View Report** button, this screen will open up showing you the details of your assessment and the date that you completed it:



**NOTE:** At this point you may want to take a screenshot of the information for your records.

Please do not send this information to the Records/Benefits Secretary unless you are asked to do so.