



YOUR NEXT STEP TO HEALTH

Taking your Wellness Assessment on myWellmark®



Inside tip:

Know your plan. Contact Customer Service at the number on your Wellmark ID card to confirm details about your preventive benefits, or log in to myWellmark to view your personal benefit information.

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We all have room to improve areas of our health and well-being. But where do you begin?

Start with a quick and easy Wellness Assessment, that gives you a personalized report about the state of your health and real ways you can improve. It only takes about ten minutes to complete, but its value can last a lifetime.

FOLLOW THESE THREE SIMPLE STEPS TO VIEW YOUR RESULTS 

STEP 1

GATHER YOUR BASIC HEALTH INFORMATION

Your basic health information (also called biometrics) like height, weight, blood pressure, cholesterol and more, can be added into the Wellness Assessment for a personalized picture of your overall health and well-being. You can also include information about recent preventive exams and when they occurred.

Don't have this information? You can still complete the assessment and learn valuable well-being information.

STEP 2

LOG IN TO YOUR WELLMARK ACCOUNT

You can log in to your account at Wellmark.com or through the Wellmark mobile app.

First time logging in?

Creating an account is simple! All you need is your Wellmark ID number.

Once you log in, make sure you have the correct plan selected in the drop-down menu. Then, click on **“Visit the Wellness Center”** and begin taking the Wellness Assessment using the link in your Action Plan. The Wellness Assessment can also be found by selecting the Healthy Living tab at the top of the Wellness Center.

STEP 3

TAKE YOUR ASSESSMENT

It only takes about ten minutes to complete your assessment. You'll receive an accurate, confidential and personalized report that summarizes what you are doing well and personalized action steps to help you improve different areas of your health and well-being.

Take it up a notch: Go above and beyond by revisiting your report throughout the year. You can update your assessment with any new healthy habits to see how they positively impact your health score.



Are you stuck on a step?

WE'RE HERE TO HELP.

Need help with registration or logging in to myWellmark? Contact Wellmark's technical support team (EC Solutions):

800-407-0267

M – F, 7 a.m. – 5:30 p.m., CT

Have a question about your Wellness Assessment? Call us at:

877-252-8412

24 hours a day, seven days a week.

Wellmark complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, los servicios de asistencia de idiomas se encuentran disponibles gratuitamente para usted. Comuníquese al 800-524-9242 o al (TTY: 888-781-4262).

注意：如果您说普通话，我们可免费为您提供语言协助服务。请拨打 800-524-9242 或（听障专线：888-781-4262）。

ACHTUNG: Wenn Sie deutsch sprechen, stehen Ihnen kostenlose sprachliche Assistenzdienste zur Verfügung. Rufnummer: 800-524-9242 oder (TTY: 888-781-4262).



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