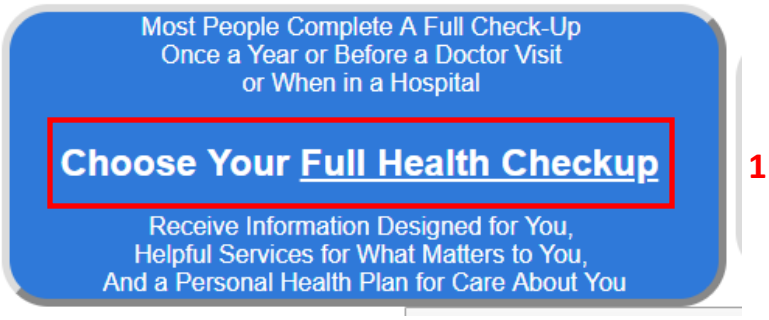
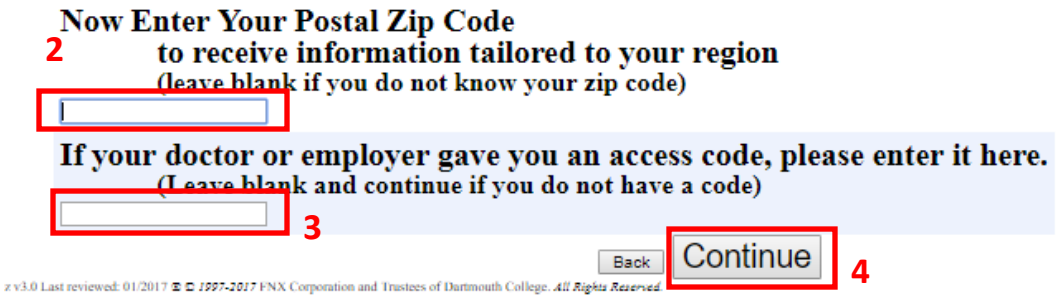
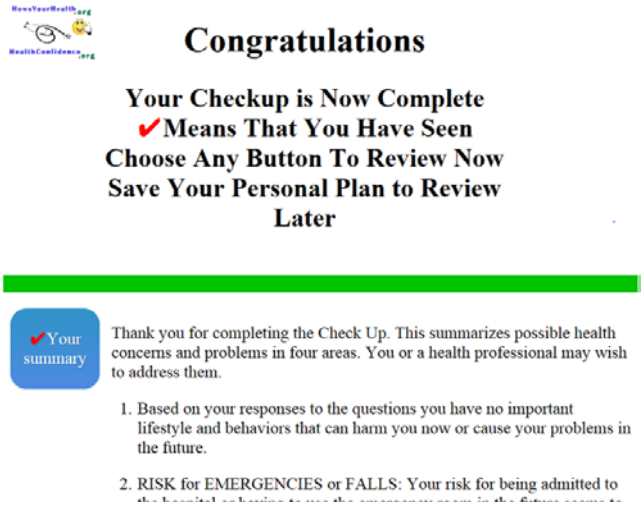
University of Houston Clear Lake
Human Resources

Health Assessment Instructions

Visit the [HowsYourHealth.org page](HowsYourHealth.org). **1. Click on Choose Your Full Health Checkup button.**	
2. Enter your postal zip code if you have one. **3. Enter the doctor or employer access code if you have one.** **4. Click Continue.** ***Note: Continue to respond to the additional questions. The Assessment takes about 10 – 20 minutes to complete.***	
Upon completing the assessment, the Congratulations screen will appear. **Please print the page and this will serve as confirmation to Human Resources that the assessment has been completed.**