University of Houston Z Clear Lake

Human Resources

Health Assessment Instructions

Visit the <u>HowsYourHealth.org</u> <u>page</u> . 1. Click on Choose Your Full Health Checkup button.	Most People Complete A Full Check-Up Once a Year or Before a Doctor Visit or When in a Hospital Choose Your Full Health Checkup Receive Information Designed for You, Helpful Services for What Matters to You, And a Personal Health Plan for Care About You
2. Enter your postal zip code if you have one.	
3. Enter the doctor or employer access code if you have one.	Now Enter Your Postal Zip Code 2 to receive information tailored to your region (leave blank if you do not know your zip code) If your doctor or employer gave you an access code, please enter it here.
4. Click Continue. Note: Continue to respond to the additional questions. The Assessment takes about 10 – 20 minutes to complete.	A state blank and continue if you do not have a code)
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.	The second se