



Wellness Assessment User Guide

for Allina Hospitals & Clinics Employees

Use this step-by-step guide to get started with your personal, confidential Wellness Assessment. Completing a Wellness Assessment is a quick and easy way to help you identify healthy lifestyle behaviors and simple changes you can make to help you sleep better, reduce stress, manage weight and feel better.

Based on your Wellness Assessment results, a JourneyWell health coach may contact you to offer personalized support. Your coach can help you create an action plan to lower your health risks and support you in identifying resources that fit your interests and lifestyle.

Worried about privacy? Don't be. Your health information and individual results remain confidential and are not shared with Allina.

Questions?

Call JourneyWell Customer Service at 952-967-5124 or toll-free at 866-977-5124.

Available Monday through Friday from 8 a.m. to 6 p.m. CST.



1 Go to healthpartners.com/allina to get started.

ALLINA Hospitals & Clinics

Administered by HealthPartners

Search

Welcome Allina employees!

Complete the Wellness Assessment by February 28 to qualify for Be Fit rewards.

Take the wellness assessment and programs

myHealthPartners

Username

Forgot username?

Password

Forgot password?

Go

Find a doctor or specialist

View your benefits

Check your coverage

SIGN UP FOR myHealthPartners

2 Click on the "Take the wellness assessment and programs" button.

JourneyWell

Contact us

Discover the **Potential** of Healthy Living

3 The blue button takes you to JourneyWell. Log on to your secure online account by entering your HealthPartners username and password. "Allina" should be listed as your company name.

If you haven't logged in before, or if you've forgotten your username or password, please see the instructions below.

Participant Log On

Company Name
Allina

Username

Forgot username?

Password

Forgot password?

[Register for an account](#)

GO

For Employers

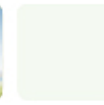
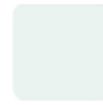
JourneyWell opens the door to better health, improved productivity and lower costs.

[Learn more about JourneyWell](#)

If you haven't logged in to your secure account, click "Register for an account" and follow the step-by-step instructions.

- If you are on an Allina Medical Plan, you will need your HealthPartners Member ID card to register and you should enter "Allina" as your company name.
- If you are not on an Allina Medical Plan, you will need your employee ID number to register. If you do not know your employee ID number, log in to *MyAllina* to view your ID number on your paycheck, and enter "Allina" as your company name. **Your ID number is not your network/Excellian ID.**

If you forgot your username or password, call the Web Support Helpdesk at 952-853-8888, 952-883-5127 (TTY) or toll-free at 877-726-0203, from 8 a.m. to 5 p.m. CST, Monday to Friday.



Wellness Home Page

Welcome, . Discover your health potential with JourneyWell!

Get on the road to Be Fit with the 2011 Wellness Rewards Program! Earn a \$50 Be Fit gift card reward when you and your enrolled spouse/partner complete the Wellness Assessment by February 28, 2011.

If you meet the February 28 deadline, then learn how you can earn an additional \$275 in Be Fit gift card rewards. Most Allina employees are also eligible for Be Fit Preferred Medical Plans, which feature lower deductibles. Learn more about how to [earn \\$325 and qualify for 2012 Be Fit Preferred Medical Plans](#).

Complete the Wellness Assessment by February 28 to qualify for Be Fit rewards.

[Take My Health Assessment >](#)



Health Coaching

Achieve your personal health goals with guidance from a JourneyWell health coach. Success support from a registered dietitian, exercise specialist, health educator or pharmacist.

Get started today!
To sign up with a health coach, call 967-5124, 866-977-5124 (toll-free) or 952-883-7498 (toll-free).

[Back Health Coaching](#)

Online Programs



Convenient, engaging and available 24/7. Get the tools, tips and resources you need to make lasting lifestyle changes. Take a step toward wellness today.

[10,000 Steps](#)
[Weight eProgram](#)
[Stress eProgram](#)

Get on the path to a healthier you with JourneyWell. Find the tools, tips, resources and support you need to be healthy and stay healthy . . . for life.

Employer rewards may vary. Contact your employer for specific reward requirements.

Allina Wellness Resources

Get on the road to healthier living and discover tips to improve your well-being!

[Wellness Assessment reward details](#)

[Healthy Lifestyle Program reward details and options](#)

[Check your rewards status on MyAllina](#)

[Questions & Answers about the 2011 Wellness Rewards Program](#)

[Frequent Fitness discount](#)



Your opinion matters!
Respond now!

4 To get started with the first step of the 2011 wellness program, click on "Take My Health Assessment."

Health at your fingertips

Browse over 8,000 health topics and make smart decisions with help from interactive decision support tools available in the [Health Information Library](#).

Resource Room

Explore a variety of [resources](#) and [tools](#) to support a healthy life.

Before You Begin

By clicking the I Accept button below, you acknowledge that you understand and accept the following:

Terms

The JourneyWell Health Assessment Program ("Program") is provided subject to the following terms:

No Medical Advice

Health information that you receive or access is provided for informational purposes only. The Program is not intended to substitute for medical advice. YOU SHOULD CONSULT YOUR OWN MEDICAL PROVIDER REGARDING YOUR HEALTH AND ANY SPECIFIC MEDICAL QUESTIONS YOU MAY HAVE. Check with your health care provider before beginning any physical activity program, diet, or other health-related course or program.

Results Not Guaranteed

Results obtained through participation in this Program may vary. JourneyWell does not guarantee or make any representations about the results that may be obtained from any Program.

No Liability

Participation in the JourneyWell Program is on a voluntary basis. JourneyWell is not responsible or liable for any claim, loss, injury or damage resulting from your participation in the Program or use of the content in the Program.

No Warranty

JourneyWell does not guarantee the reliability, accuracy, completeness or appropriateness of the content. The course and content is provided AS IS without warranty of any kind. JourneyWell and its licensors disclaim any express and implied warranties, including, but not limited to, warranties of merchantability, fitness for a particular purpose, and non-infringement.

Web Site Terms of Use

All use of this web site, including this Program, is subject to the general Terms found at JourneyWell.com.

Privacy

Your privacy is very important. More information about our privacy policies can be found at JourneyWell.com.

Please note, information obtained by us through this Program, may be used for the following purposes:

- To offer health education opportunities
- To perform aggregate data analysis relating to health care operations and treatment
- For payment of health care and educational opportunities
- For health professionals to contact you to offer personalized assistance in your efforts to maintain

5 Click on the "I Accept" button to continue.

part of your plan enrollment or to administer an employer (or third-party vendor responsible for program or met the incentive requirements. In the Program, JourneyWell will also give your information for the following purposes. **None of your answers to the health assessment**

will be shared with your employer. JourneyWell reserves the right at any time and from time to time to modify or discontinue, temporarily or permanently, this site, or any part thereof, with or without notice.



Achieve Your Health Potential!

Welcome Kenneth K. Martineztest

- [Take my health assessment](#)

6 Click on "Take my health assessment."

Health Assessment

- ▶ Demographics
- Self Care
- Personal Health
- Nutrition
- Physical Activity
- Alcohol and Tobacco
- Safety
- Healthy Changes

Questions

The following information helps

What is your birth date?
 Month: Date: Year:

What is your gender?

Male

Female

[Continue >](#)

7 Follow the step-by-step instructions at the bottom of the screen.

Health Assessment

- Demographics
- Self Care
- Personal Health
- Nutrition
- Physical Activity
- Alcohol and Tobacco
- Safety
- ▶ Healthy Changes

Questions

Click the "Finish" button (FINISH) to complete your health assessment and view your personal results. This may take one or two.

[< Back](#)
[Finish >](#)

8 Once you click "Finish" at the bottom of this screen, you have completed the Wellness Assessment.

Health Assessment Results

Congratulations, ✔ Completed 3/26/10

You have completed your health assessment. Your overall score is 810 out of a possible 1000. Given your personal history, you have the potential to reach a score of 893. A detailed breakdown of your score and useful tips to help you reach your health potential are included in your [HealthPotentialSM Report](#).

Your HealthPotentialSM Report is based only on the information you provided in this health assessment, and is weighted heavily on healthy behaviors - such as being physically active. Therefore, you may have significant health conditions and still receive a positive report if your responses indicated healthy choices.

[View My Wellness Programs >](#)

My Health Score	My Health Potential
810	893

[Play with my HealthPotentialSM score](#)

More Wellness Resources

Find additional resources for healthy living.

[Smoking cessation](#)


Resource Room

Explore a variety of [resources and tools](#) to support a healthy life.



Health at your fingertips

Browse over 8,000 health topics and make smart decisions with help from interactive decision support tools available in the [Health Information Library](#).



9 Review your results and then click "View My Wellness Programs" to go back to the JourneyWell homepage and get started with JourneyWell health coaching or an online program.



Wellness Home Page

Welcome, JourneyWell!

Health Assessment

Make strides toward a healthier you! Use your HealthPotentialSM report as your guide in choosing the wellness program that's right for you.



✓ Completed 01/11/11

My Health Score	My Health Potential
------------------------	----------------------------

[View My Results](#)
[Play with my HealthPotentialSM score](#)

Get on the path to a healthier you with JourneyWell. Find the tools, tips, resources and support you need to be healthy and stay healthy . . . for life.

Employer rewards may vary. Contact your employer for specific reward requirements.



Health Coaching

Achieve your personal health goals with guidance from a JourneyWell health coach. Succeed with support from a registered dietitian, exercise specialist, health educator or pharmacist.

Get started today!
To sign up with a health coach, please call 952-967-5124, 866-977-5124 (toll-free) or our TTY lines at 952-883-7498 or 877-222-2794 (toll-free).

- Back Health (low back pain)
- Blood pressure management
- Cholesterol Management
- Nutrition
- Physical Activity
- Stress management
- Tobacco cessation
- Weight Management

Online Programs



Convenient, engaging and available 24/7. Get the tools, tips and resources you need to make lasting lifestyle changes. Take a step toward wellness today.

- [10,000 StepsSM](#)
- [Weight eProgram](#)
- [Stress eProgram](#)

Allina Wellness Resources

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[Frequent Fitness discount](#)



Activity completion certificate



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Resources

Explore **and tools** to help a healthy life.

10 Get started with JourneyWell health coaching or online programs here.