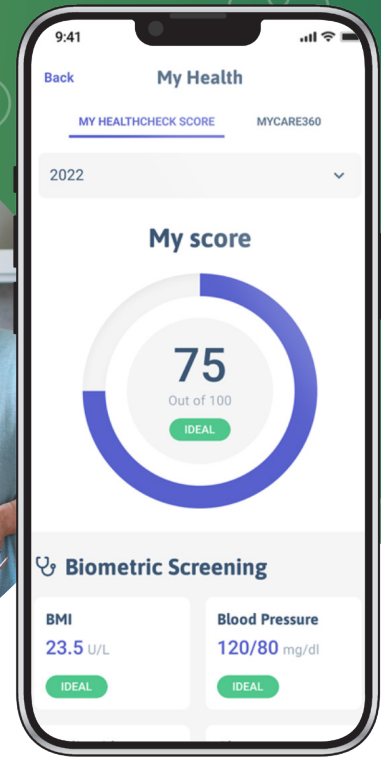


MY HEALTH REWARDS



Complete Your Health Risk Assessment Survey

Please take a couple of minutes to complete your Health Risk Assessment survey. Your answers are not shared with anyone at UAB and they have no effect on your overall health score.

COMPLETE YOUR HEALTH RISK ASSESSMENT

- » Log in to your myHC360+ app.
- » Select Health Risk Assessment from the To-Do List.
- » Select Complete Survey and then Complete Survey again under the Health Risk Assessment section to launch the survey.

HEALTH RISK ASSESSMENT FAQs

Q: What if I don't have a smart phone?

Log in to your My Health Rewards account by visiting my.hc360.app.

Q: What if I forgot my password or username?

Click on forgot username or password and enter your personal information, company code (UAB01) or UAB email address, then select Submit.

Q: How long will it take to complete the survey?

The survey takes 3-5 minutes and includes questions regarding lifestyle habits. Your answers will not affect your individual score.

Q: Will my results be confidential? HealthCheck360 uses the same confidentiality standards as your doctor. Your results will not be shared with anyone at UAB.

If you are unable to meet a health outcome for an incentive under the My Health Rewards program, contact HealthCheck360 at 1-866-511-0360 for an opportunity to earn the same incentive through a reasonable alternative process.