

WHO'S YOUR REASON?

YOU'RE OURS.

WHO'S YOUR REASON...

...for completing the health risk assessment (HRA)?

Is it your spouse? Your granddaughter? Your best friend? Whose life is better because you're in it? The HRA is a brief questionnaire about your health that takes 15 to 20 minutes to complete. The questions are simple and your answers are totally confidential.

Good health is its own motivation, but the State of Maine wants to sweeten the pot. **In order to continue to receive a 5% health credit, you'll need to complete the HRA by midnight on September 14, 2012.***

COMPLETE THE HEALTH ASSESSMENT

1. Go to <https://maine.online.staywell.com>. Click **Register Now**.
2. Enter your first name, date of birth, and the last four digits of your Social Security number.
3. Create a user ID and password.
4. Create a security question and answer.
5. Confirm your account information. Read and accept the privacy statement.
6. You've successfully set up your account details. Now you're ready to take the HRA! Click on **Get Started** on the home page to begin your health risk assessment.
7. Once you've submitted your answers, you'll receive a confirmation page to print for your personal records. To review your results, click on **Go to My Results**.

USE YOUR RESULTS TO INSPIRE FUTURE HEALTH GOALS!

After you submit your HRA, you'll receive instant personal results. Use these results to drive healthy changes to your current lifestyle.

If you have questions, call the StayWell HelpLine at 1-866-280-0379.

**For the State of Maine employees only.*

