

Completing your Health Assessment Questionnaire (HAQ)

1. Visit the portal at www.healthstathra.info.
2. Enter the Company ID 271.
3. Click Submit.



4. Click "Register".

(Although you may have used this portal previously, if more than 12 months has passed you'll need to quickly register again.)



5. Enter your Member ID.

This is the last six digits of your social security number. Spouses should use the last six digits of the employee's social security plus a -1. For example, if the employee's SSN is 123-45-6789, the employee uses 456789 and the spouse uses 456789-1.


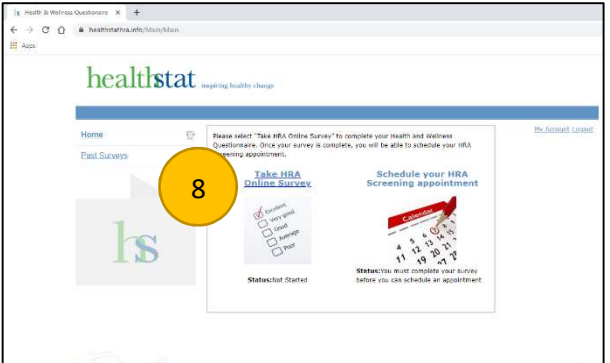
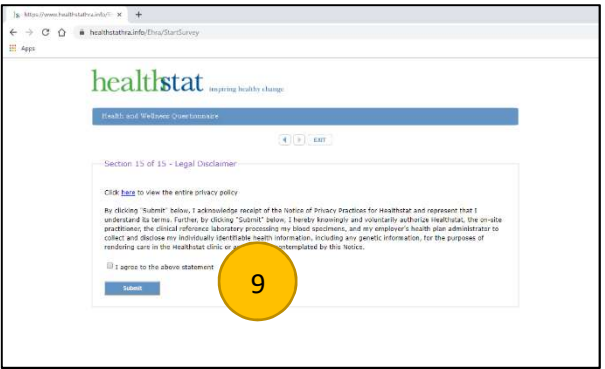
Enter your date of birth.
Enter your email address and create a password (6-20 characters).
Confirm your password.

6. Click "Submit".



See additional instructions on the reverse of this page.

Completing your Health Assessment Questionnaire (HAQ)

<p>7. Click on the right arrow to continue through each screen.</p>	
<p>8. Click on "Take HRA Online Survey". This is your Health and Wellness Survey and completing it online is necessary in order to schedule your appointment. Complete each survey question, click the forward arrow on top of each page to advance, and click on "Commit" at the end of the survey to save your responses.</p>	
<p>9. Read the Legal Disclaimer at the end of survey and check the box. Click on "Commit" to save survey.</p>	

Thank you for completing your Health Assessment Questionnaire. The HWC staff will also record your height and weight as well as draw your fasting labs.

Your \$20 incentive will be mailed to within 60 days of the end of this calendar year quarter.