

5. Complete the **Health Risk Assessment** online through Kettering Health Network. Link to the survey and instructions will be sent to your City email address.

**\*\* This requirement is only applicable for the Employee and NOT the covered spouse.**

## 2019 Online Health Risk Assessment Instructions

One requirement of your 2019 Living Well Program is to complete an online Health Risk Assessment. **This is the only requirement that applies only to the employee and not the covered spouse.**

As a reminder, all Living Well Program requirements must be completed to earn your 2019 HSA/HRA contribution. Please reference the 2019 Living Well Program packet to review complete guidelines for the program. This packet can be found on the City's website ([hamilton-city.org](http://hamilton-city.org)) by navigating to Government > Employee Portal > Benefits > Health Benefits, and then scrolling down to the Living Well section.

The online assessment consists of approximately 60 questions regarding health and wellness habits. This survey will provide a more comprehensive wellness picture by combining both biometric information and health habits. Kettering Health Network will use this information to better shape future wellness initiatives for City employees.

Follow the directions below for signing in and completing the online assessment.

As with all components of your wellness program, the individual data collected by Kettering Health Network is confidential.

**To access the online Health Risk Assessment click on the link below or copy and paste it into your browser.**

<https://wellsuite.com/ketteringmc/ws/default.aspx?grid=ef497aa24e1b>

If you do not have an account or cannot remember your log-in information from when you completed the assessment in 2018, click "I don't have an account – Sign Up" located below the log-in button.

***Write down your log-in information for future use.***

After signing up, click on Personal Wellness Profile on the left under "My Health Tools". This will take you to the profile. Please go through each page and save at the end. You can view and print your profile at the end if you wish.

Questions? Contact KHN Community Outreach at (800)888-8362 or via email at [healthyhamilton@ketteringhealth.org](mailto:healthyhamilton@ketteringhealth.org)