## Living Well With Long Island University Health Risk Assessment Instructions

<u>Important Instructions:</u> When taking the health assessment, please know the following: your blood pressure, total cholesterol, HDL cholesterol, height, weight and waist circumference. If you don't know these, you can answer "I'm not sure," but answering all questions produces the best results.

Use the instructions below to register yourself for my health & wellness center.

## **Start here:**

- 1. Go to group.mycareallies.com and log in using the Group ID: LIU
- 2. After you log in, select the My Health Assessment tab.
  - Within the My Health Assessment tab you will see related content and a link for the "my health & wellness center". Click the link.
  - On the next screen you will be asked if you have previously taken a health assessment, or signed up for a "my health & wellness center" account.
    - Select "no" to proceed to registration.
  - Follow the instructions on the screen and complete all required fields, including your
    Unique Identification Number. (Your <u>Unique Identification Number</u> is your 8 digit
    date of birth followed by the last four digits of your social security number)

Select Continue.

- Review the information on the next page and select continue.
- From here, you can take your health assessment.

You need to register for *my health & wellness center* only the first time you visit the site. After that, all you will need is your Username and Password that you created during registration. When you reach *my health & wellness center*, select "*Take my health assessment now*" and follow the steps though the questionnaire.