

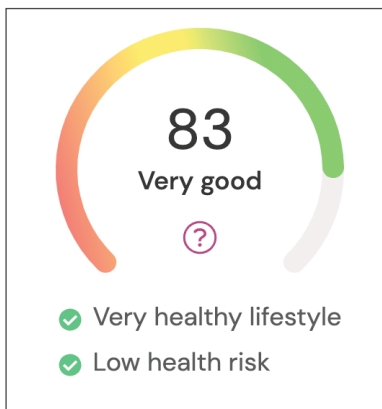
# Complete your Health Assessment with Moda Health, powered by Sprout

**1** Log in to your Member Dashboard at [modahealth.com/Memberdashboard](https://modahealth.com/Memberdashboard)

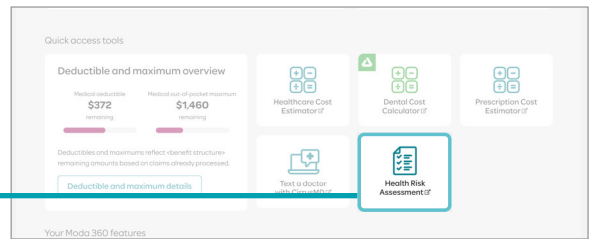
*First time signing on? Click on the **Create an account** link. You'll need your Moda Health member ID to complete registration.*

**3** Create a Sprout account by completing the requested steps.

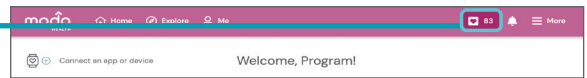
**5** When you finish your assessment, you will receive a wellbeing score.



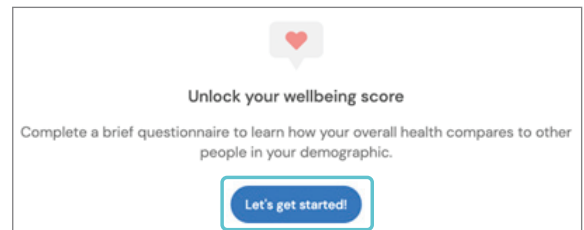
**2** From your Member Dashboard, click on the **Health Risk Assessment** tile.



**4** Click on the **heart icon** in the top right corner.

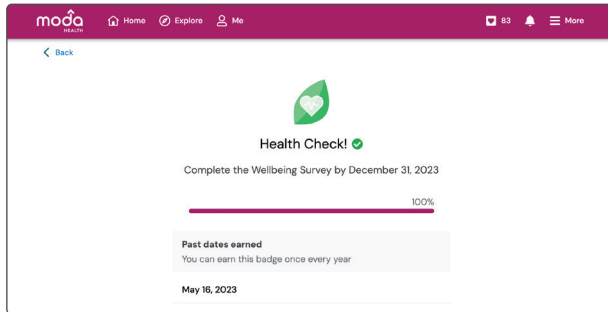


Select **Let's get started**.



*Continued on page 2*

- 6** As proof of completion, you will receive the “Health Check!” badge if it is your first time completing the survey within the current year. Select **Me > My achievements > Earned** to view this badge.



- 7** **Congratulations!** You’ve taken the first step on your wellness journey. Continue on your wellness path by using the other available features, such as:

- Personalized health goals
- Social feeds
- Wellness challenges

#### To save this badge as a PDF:

- If you are on a Mac, press Command+P on your keyboard
- If you are on a Windows computer, press Ctrl+P on your keyboard
- If you’re on your mobile device, follow your phone’s instructions to take a screenshot

**Questions?** Call our care team toll-free at 844-776-1953 from 7:30 - 5:30 PST or email [pebbcustomerservice@modahealth.com](mailto:pebbcustomerservice@modahealth.com). TTY users, please call 711.