Desktop Instructions (For Mobile App instructions please see page 2)

Complete your Health Assessment with Moda Health, powered by Sprout



You will receive a wellbeing score when you have completed your Health Risk Assessment.



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

You will **NOT** receive an email confirmation after you take your Health Assessment. To save proof of completion for your records, you will need to select **Me>My achievements > Earned** to view this badge. Follow the instructions above to save as a PDF.

If you do not see your badge, refresh the page.

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Mobile App Instructions

Complete your Health Assessment with Moda Health, powered by Sprout (app)



If you are using a mobile device, you will be directed to download the mobile app, powered by Sprout through your app store.





Download the Sprout at Work app to launch Moda Health, powered by Sprout through your app store.



Once downloaded, go into your Moda 360 Member Dashboard and click on the **Health Risk Assessment** tile. Follow the Sprout registration prompts in the app to complete your profile.

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Once in the app, tap **Me** at the bottom of the screen. Then click on **Wellbeing score** to access the Health Assessment.

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Then select Let's get started.

*Once you start your Health Assessment, you must finish it. You will not be able to save your answers and finish later.



Continued on page 3





You will receive a wellbeing score when you have completed your Health Risk Assessment.





You will not receive an email confirmation after you take your Health Assessment. To save proof of completion for your records, you will need to select **Me > My achievements > Earned** to view this badge. You can save a screenshot of this page for your records.

If you don't see your badge, refresh the page.





Frequently asked questions

1

I went to do my HEM and there is no icon on my dashboard. Where do I find the HEM or Healthy Engagement Modal?

Log into your Member Dashboard and Click on the Health Risk Assessment tile.



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

