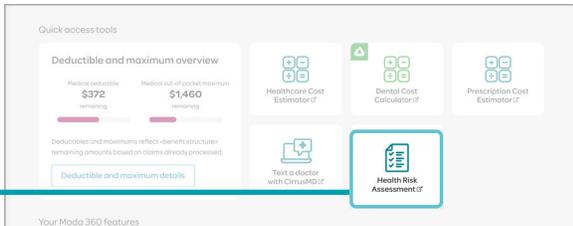


Desktop Instructions *(For Mobile App instructions please see page 2)*

Complete your Health Assessment with Moda Health, powered by Sprout

1 Log in to your Member Dashboard at 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.*

2 From your Member Dashboard, scroll down on the homepage, click on the Health Risk Assessment tile.

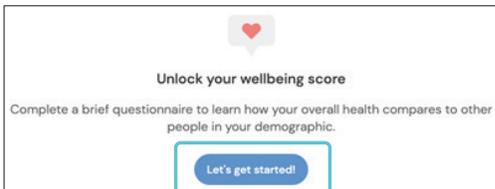


3 Click on the heart icon in the top right corner.

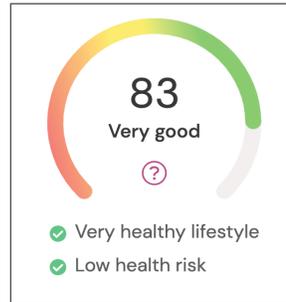


Click **Let's get started***.

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



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

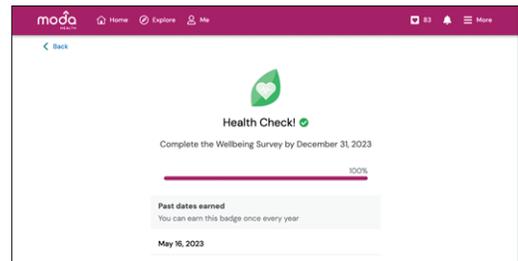


To save this badge as a PDF:

- 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

5 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.

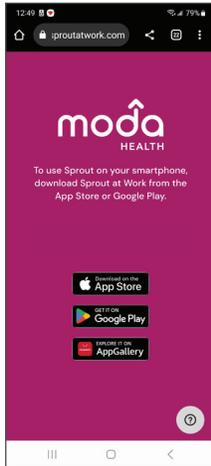
If you do not see your badge, refresh the page.



Mobile App Instructions

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

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



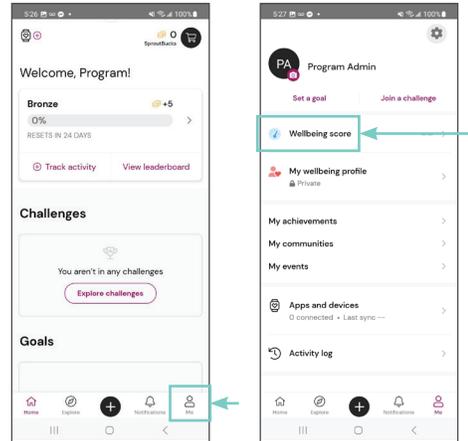
- 2 Download the Sprout at Work app to launch Moda Health, powered by Sprout through your app store.



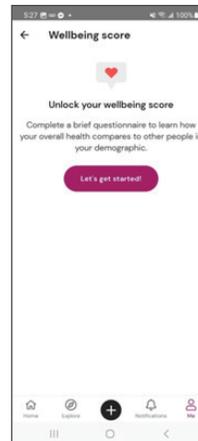
Once downloaded, go into your Moda 360 Member Dashboard and click on the **Health Risk Assessment** tile. Follow the Sprout registration prompts in the app to complete your profile.



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



- 4 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

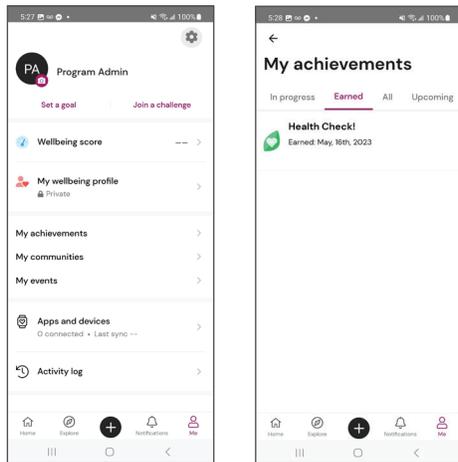


- 5 You will receive a wellbeing score when you have completed your Health Risk Assessment.



- 6 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.

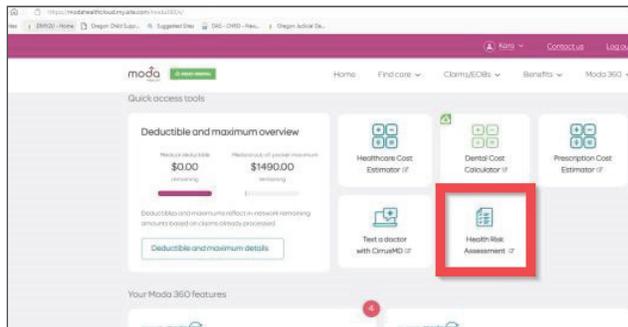
If you don't see your badge, refresh the page.



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.