

Step 1: Log into My Health Plan, it will automatically open up on the Dashboard page. Scroll down and click on “Health Assessment”

MEDICAL MUTUAL® **Dashboard** Claims & Balances ▾ Benefits & Coverage ▾ Resources & Tools ▾ Healthy Living ▾ My Profile ▾ Logout Contact Us

## My Health Plan

Hello, Jane C Doe, welcome.

### Go Mobile!

Manage your health plan information anytime, anywhere. View your claims, Access your ID card, check your deductible, find a doctor, and more!

Please enter your cell number to send a download link to your smart phone now.

  
[Download the App](#) [Not Now](#)

Submit functionality is not available for demo accounts.

**Actions** 2 **Messages** 0

[Go Mobile!](#)

[Two-Step Password Reset Option](#)

**Viewing:** Family ▾ **Benefit Period:** January 1st through December 31st

### Deductible & Coinsurance

(In Network)

**Deductible** **\$400**  
*out of \$2000*

Your plan does not contain a *Medical Coinsurance* for care provided within network. For more detail review your medical benefits.

[View Details](#)

### Claims Snapshot

(Most Recent)

DATE	TYPE	CLAIM #
12/4/2016	Medical	<a href="#">0004446784-000</a>
12/4/2016	Medical	<a href="#">0014446784-000</a>
12/4/2016	Medical	<a href="#">0034446784-000</a>
12/4/2016	Medical	<a href="#">0035409979-000</a>
11/23/2016	Medical	<a href="#">0056720719-000</a>

[View Your Claims](#)

### Quick Links

- [Find a Provider](#)
- [My Care Compare](#)
- [ID Cards](#)
- [Symptom Checker](#)
- [Health Resource Center](#)
- [Health Assessment](#)
- [Who is Covered](#)
- [Medical Benefits](#)
- [Vision Benefits](#)
- [Dental Benefits](#)

## Step 2: Agree to share registration and click Accept Terms and Submit

- Information provided will remain confidential, in accordance with the Health Insurance Portability and Accountability Act (HIPAA).
- This Assessment serves two purposes:
  1. To provide you with information to manage and improve your health.
  2. To provide Medical Mutual with information to help structure health and wellness programs to benefit members.
- Individual results are not shared with employers or plan sponsors.
- Note: Your Member ID number, Group number and date of birth will be shared with Optum.
- The Health Assessment is on Optum's site.
- Results may be used to identify health and wellness programs that may benefit you.

### Terms

I understand the information I provide will remain confidential, in accordance with the Health Insurance Portability and Accountability Act (HIPAA).

I, Jane C Doe, agree to share my registration information with Optum

**Accept Terms and Submit**

### Disclaimer

The information on this Web site and any links are for your information only and does not take the place of, or is intended to be a substitute for professional medical advice, diagnosis or treatment from your doctor. Any services recommended or provided by your doctor may not be covered under the terms of your benefit plan. Eligibility and coverage are subject to the specific terms of your benefit plan.


A few screenshots below to get you started. Below reflects one already started, which is why the below states “Complete Assessment.” Click on the blue link that states “Take Assessment” or “Complete Assessment.”

The screenshot shows the Medical Mutual Health Portal interface. At the top, there is a navigation bar with the Medical Mutual logo, the text "Health Portal", and links for "Help", "You" (with a dropdown arrow and a red diamond icon), and "Points: 0". Below this is a secondary navigation bar with "Action Plan", "Progress", "Rewards", "Coaching", and "Library", each with a dropdown arrow. A blue bar below contains "Progress", "Trackers", and "Health Assessment" (which is highlighted). The main content area features a red "Required" callout box pointing to the heading "Finish your Health Assessment!". Below the heading is the text: "Completing the Health Assessment is required to earn any Medical Mutual wellness incentives." A blue link "Complete Assessment" is centered below this text. At the bottom of the content area, a light blue box contains the text: "When you finish an Assessment, we'll keep a record of it for you to access here."

An example of what one of the questions looks like:

The screenshot shows a question from the Medical Mutual Health Portal. The top navigation bar is identical to the previous screenshot. The question text is: "Do you need large-print reading materials because of vision problems?". Below the question are two radio button options: "Yes" and "No". The second question text is: "Do you use a hearing aid or other device to help you hear?". Below this question are two radio button options: "Yes" and "No". At the bottom of the question area, there are three buttons: "CONTINUE" (with a right-pointing arrow), "Previous", and "Save & Close". Below the buttons is a language selector showing "English" with a dropdown arrow, and a link for "Need help? Contact Support".

There is also a feature now where a member can click Save & Close, it will save the assessment if they are not complete so they can complete at another time.

Medical Services | Health Portal | Help | You  | Points: 0

Do you need large-print reading materials because of vision problems?

Yes  No

Do you use a hearing aid or other device to help you hear?

Yes  No

[CONTINUE >](#) [Previous](#) [Save & Close](#)

English ▾ [Need help? Contact Support](#)