



ONLINE HEALTH RISK ASSESSMENT INSTRUCTIONS

Instructions for completing your Online Health Risk Assessment for the following:

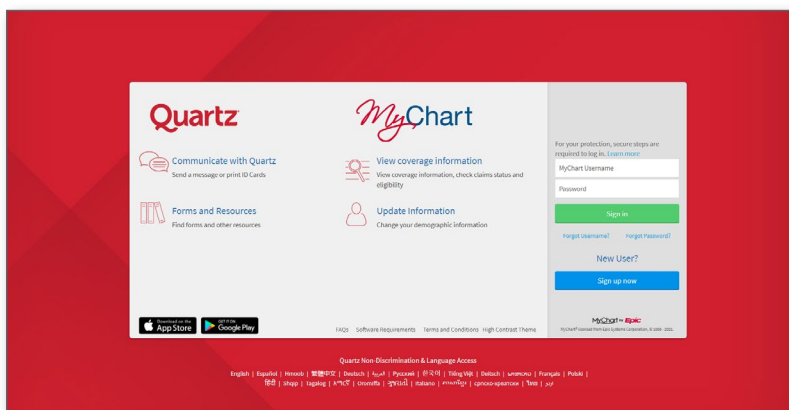
- ▶ Quartz members with coverage through the employer offering the health risk assessment
- ▶ Quartz members with coverage through a different employer (not including the State of Wisconsin)

1. Go to **QuartzMyChart.com** and enter your MyChart ID and password to log into your MyChart account.

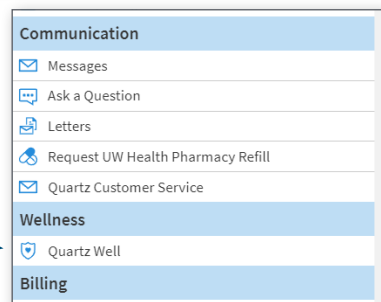
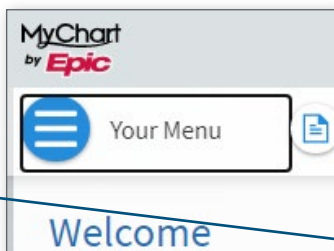
Not a MyChart member?

Go to QuartzMyChart.com and select **Sign Up Now** and follow the prompts to create your MyChart account.

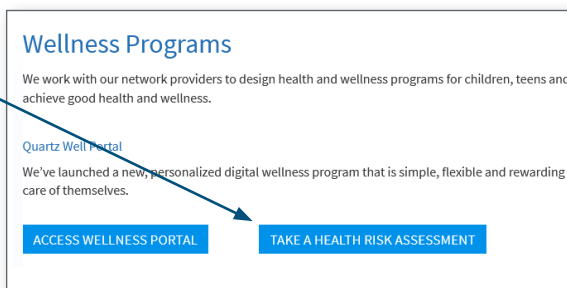
NOTE: Members unable to complete this process can contact a Quartz Wellness Representative for a MyChart activation code by calling (800) 362-3310.



2. On your MyChart landing page, select **Your Menu**, in the upper left corner and then choose **Quartz Well**.



3. Then, on the Wellness Programs page, select **Take a Health Risk Assessment**.



- Now you should be on the Take a Health Risk Assessment page.

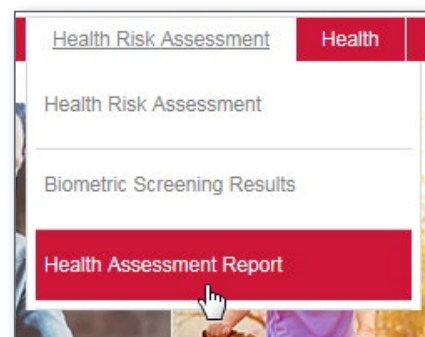
If you are taking the health risk assessment for the employer listed on your screen, check the box next to **Not Applicable** and then select **Continue to HRA**.

If you are taking a health risk assessment on behalf of another company, you will need to enter the **Company Code** provided by that employer. Once you have entered the **Company Code**, select **Continue to HRA**.

- Next, select **Wellness Assessment** along the left-hand side of the page to take your questionnaire.

- Complete each section of questions.

- To view your report, log in to your Quartz MyChart account, select **Access Wellness Portal**, and then **Health Assessment Report** under the **Health Risk Assessment** tab.



If you have any questions, contact Customer Service through MyChart at [QuartzMyChart.com](https://www.QuartzMyChart.com) or call **(800) 362-3310**.