Medical Mutual Online Health Assessment Instructions

Once your biometric health screening has been completed and you have received your results, you will then be able to complete your Health Assessment online through Medical Mutual. Step by step instructions are listed below. The Health Assessment can identify your risk for certain chronic diseases based on the personal information you enter and provides you with suggestions for improving your health.

If you have any issues completing your Health Assessment or forgot your password call the Medical Mutual help-line at 800-218-2205.

The deadline for completing your Health Assessment is Friday, September 20, 2019

Follow-Up Education

Based on your answers, we may refer you to programs related to your identified risks such as our Disease Management program. Joining a program can help you manage a condition that is affecting your everyday life like diabetes or asthma. You might also receive information on wellness topics to help you make healthy lifestyle changes.

Your Information Is Safe

We are committed to protecting information you share with us and your health assessment is no exception. We use our strongest security methods to prevent unauthorized access to your Health Assessment and to maintain your privacy.

Complete the Health Assessment:*

 Visit MedMutual.com/member and log in to My Health Plan.



Click Take Assessment Now under Health Assessment on your Dashboard.



Agree to the terms and conditions and click Submit.



Click Get Started and follow the instructions to complete the assessment.



5. You can view and print your results in an Individual Profile Report.

The material provided, including websites and links, is for your information only. It does not take the place your doctor's advice, diagnosis or treatment. You should make decisions about your care with your doctor. What is covered by your plan will be based on your specific benefit plan.

^{*}Your employer may offer a paper Health Assessment. You will get instructions on how to complete it. You will then get your Individual Profile Report in the mail.