

Online Well-Being Assessment Instructions

Access the Online Well-Being Assessment (WBA)

1. Go to aon.deanhealthplan.com/prevea360healthplan/wellness-programs.html.
2. Click on the **Take Me to My Online WBA & Rewards Center** link.
3. First time users, select **Sign Up**. If you're returning to the site, simply sign in with username and password previously created and continue to **How to Complete Your Well-Being Assessment** instructions on the reverse side.

Step 1: Create a Profile (first time users only)

1. Enter your first and last name (as they appear on your insurance card), date of birth, home zip code and gender. Click **Next**.
2. Enter your email address.
3. Create your own unique username and password using the criteria below:
 - a. Usernames should be 8 – 30 numbers or letters (no special characters or spaces)
 - b. Passwords should:
 - i. Be at least 8 characters long
 - ii. Contain special characters (except &)
 - iii. Contain a mix of numbers, capital and lower case letters
 - iv. Have a strength of at least "Medium"
 - c. Password should not:
 - i. Have any spaces in it
 - ii. Contain three or more consecutive letters or numbers from the username
4. Create and answer three different challenge questions for security purposes. You cannot have the same answer for more than one question. Challenge answers also must:
 - a. Be between three and 64 characters long (case-sensitive)
 - b. Not be the same as any of your other answers
5. Review the Terms & Conditions and click **I agree**.
6. Click **Next**.
7. Enter your newly created username and password and click **Sign In**.

Step 2: Complete your Online Well-Being Assessment (WBA)

1. Click the orange **Well-Being Assessment** button to begin.
2. Assess your current well-being by answering the questions and clicking Next until finished. The WBA can only be completed once per calendar year.
Note: Height and weight are the only values required at this point.
3. After completing your Online WBA, you will be able to view your results by clicking **View Full Report**.

**QUESTIONS
ABOUT YOUR
WBA?**

Call 866.556.1243

Step 3: Create your Well-Being Plan (returning users skip this step)

1. After viewing your report, please add or edit your email address in the lower right-hand side of the screen. You will receive an email notification when your account is ready to use.
2. Log in to the system after receiving email confirmation to **Create Your Well-Being Plan**. Click **Next** until finished.

Step 4: Re-enter your biometric and lab data values

1. You now have access to additional resources and tools within the portal, including *Living Healthy Rewards*. After completing the following steps, you will be able to redeem your 150 rewards points.
2. Click the **Resources & Tools** tab at the top of the screen. Select **Health Records**.
3. In the Biometrics section, click **Add New Biometric**:
 - a. Select each biometric (blood pressure, height, waist size and weight) and enter the results.
 - b. Click **Save**.
4. In the Labs section, click **Add New Lab**:
 - a. Select the appropriate lab value (fasting glucose, HDL, LDL, total cholesterol and triglycerides) and enter the results.
 - b. Click **Save**.

Step 5: Redeem points for rewards prior to December 31.

Dean Health Plan is a Qualified Health Plan issuer, featuring Prevea360 plans, on the Health Insurance Marketplace.