

Step by step instruction on how to complete your Health Assessment

Step 1: Register using the link "I am a first-time user" on www.guidanceresources.com. Once prompted, members will need to enter "ARBEN" for the organization Web ID.



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Log In

I have already registered: [Help](#)

Please select your country/language:
USA - English »

User Name

Password

Remember Me?

I am a first-time user

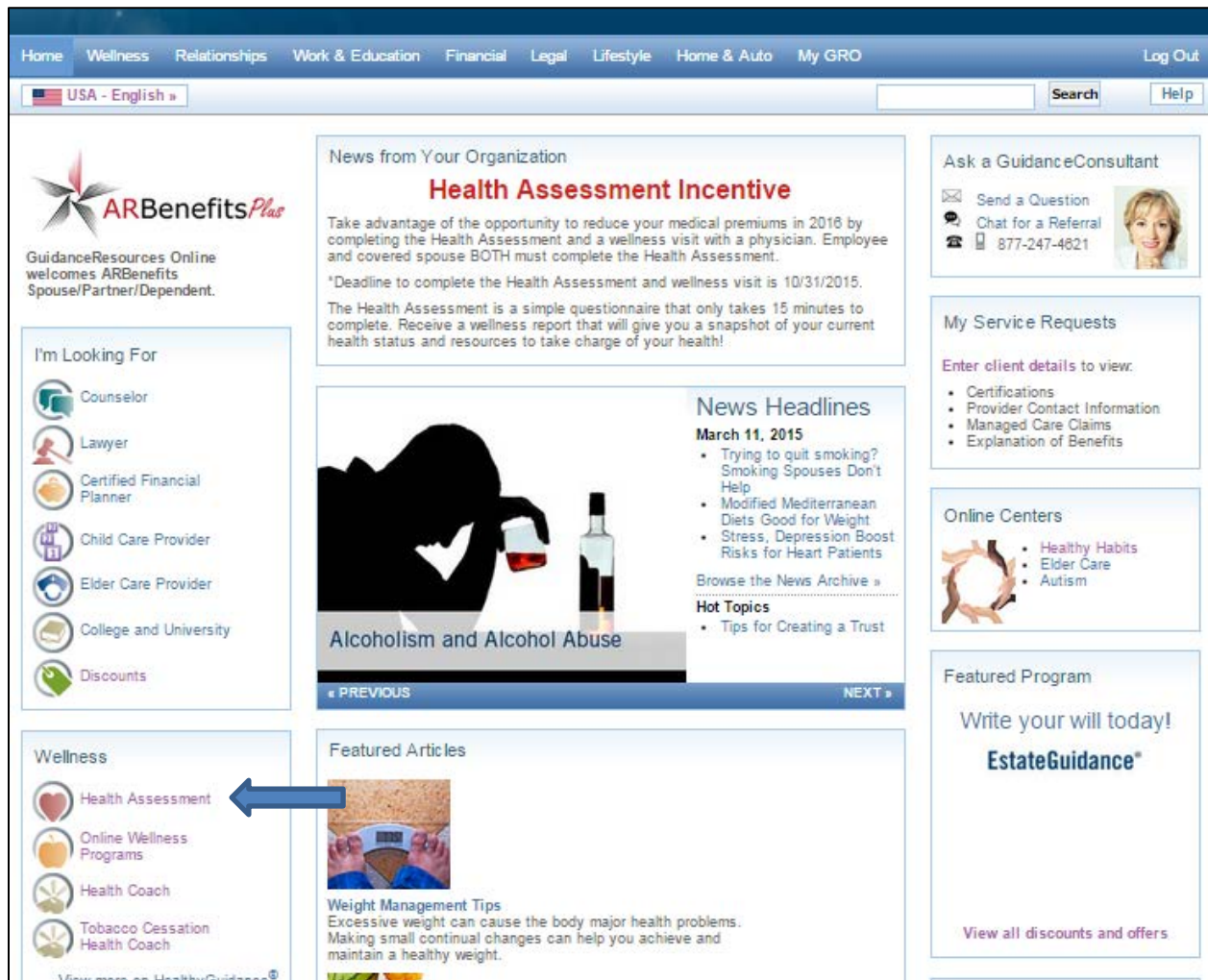
[I forgot my username](#)

[I forgot my password](#)

Welcome to GuidanceResources[®] Online

GuidanceResources Online is a comprehensive, interactive service that provides expert content and unique tools to assist you in every aspect of your life, all in a secure, easy-to-use, personalized environment.

Step 2: Click on "Health Assessment" located on the left hand side of the screen in the wellness box.



Home Wellness Relationships Work & Education Financial Legal Lifestyle Home & Auto My GRO Log Out

USA - English » Search Help

ARBenefits^{Plus}

GuidanceResources Online welcomes ARBenefits Spouse/Partner/Dependent.

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- Certified Financial Planner
- Child Care Provider
- Elder Care Provider
- College and University
- Discounts

Wellness

- Health Assessment**
- Online Wellness Programs
- Health Coach
- Tobacco Cessation Health Coach

View more on HealthyGuidance[®]

News from Your Organization

Health Assessment Incentive

Take advantage of the opportunity to reduce your medical premiums in 2016 by completing the Health Assessment and a wellness visit with a physician. Employee and covered spouse BOTH must complete the Health Assessment.

*Deadline to complete the Health Assessment and wellness visit is 10/31/2015.

The Health Assessment is a simple questionnaire that only takes 15 minutes to complete. Receive a wellness report that will give you a snapshot of your current health status and resources to take charge of your health!

News Headlines

March 11, 2015

- Trying to quit smoking? Smoking Spouses Don't Help
- Modified Mediterranean Diets Good for Weight
- Stress, Depression Boost Risks for Heart Patients

Browse the News Archive »

Hot Topics

- Tips for Creating a Trust

Alcoholism and Alcohol Abuse

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Featured Articles

Weight Management Tips

Excessive weight can cause the body major health problems. Making small continual changes can help you achieve and maintain a healthy weight.

Ask a GuidanceConsultant

- Send a Question
- Chat for a Referral
- 877-247-4621

My Service Requests

Enter client details to view:

- Certifications
- Provider Contact Information
- Managed Care Claims
- Explanation of Benefits

Online Centers

- Healthy Habits
- Elder Care
- Autism

Featured Program

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Step 3: Complete your user profile

Step 4: Complete your Health Assessment

Health	Wellness	Nutrition	Exercise	Community	Reference	Dashboard (Home)
Cardiometabolic Center	Health Assessment	Health Logs	Health Log Intervals	Screening Results		

My Health Assessment

100% Complete -- Jump To Section --

1. Health View

General Health

1.1) Complete the following statement: "In General, my overall health is..."

- a) excellent
- b) very good
- c) good
- d) fair
- e) poor

Your Current Health

1.3) Do you have, or have you been told that you have any of the following health conditions:

- a) stroke

Step 5: (Optional) Print or save your completion certificate.

Health	Wellness	Nutrition	Exercise	Community	Reference	Dashboard (Home)
Cardiometabolic Center	Health Assessment	Health Logs	Health Log Intervals	Screening Results		

Health Assessment Certificate of Completion

Thank you for completing your Health Assessment. The information you provided helps us to identify your individual health risk factors and to create a wellness plan for you. This page may be printed as documentation that your Health Assessment was completed.

Name
Rachel Tester

Completed
March 11, 2015

[Print Certificate](#) [Identify Primary Risks](#)

Disclaimer: this survey has been created for educational purposes only and should not be used as a