CaroMont Health Inc.

Clinical Health Risk Assessment
Online Registration Instructions for Medical Plan Members

Take an active role in improving your overall health! Start by completing a clinical health risk assessment (CHRA). To access the CHRA, simply follow the instructions below! Please make sure your pop-up blocker is turned off. If you are still in need of assistance, please call **866-922-8266**.

Register to Complete your Clinical Health Risk Assessment Online

1. Go to **www.umr.com** anytime between November 1, 2016 and December 15, 2016.

2. Click on **Member**.

3. If **you** have previously registered, enter your username and password in the TOP RIGHT CORNER of the page. Then skip to #6. First time users, click **New user? Register here.** If you do not remember your password, click on **Forgot username or password?** (Passwords now expire every 365 days). If you cannot remember your username, you will need to re-register.

Enter username	Enter password
New user? Register here.	Forgot username or password?

4. Employees select **I am the member**. Click **Continue**.

5. Provide the following information: a) **First Name**, b) **Last Name**, c) **Member ID** (enter the number located on your Benefits ID card with no dashes), d) **Group Number**: **76140141** (no dashes), e) **Birth date**, f) **Gender**, g) **Email**. Providing an email address is required to complete the registration process. If you don't have an email you may set up a free account through a number of sites such as Google (http://gmail.google.com). Select a username and password and choose two security questions. Record these for future reference. Click **Continue**.

6. Click on the **Take a CHRA** tile, located towards the bottom of the page.

7. Click on **Get started**, located on the right side of the page.

   Welcome to your starting line for improving your health and well-being.
   Sign up for wellness activities and track your progress. Then, watch for to-do list reminders of the next steps in your personal improvement plan. Let's get started!

   [Get started!]

   PLEASE NOTE: If you are not redirected, please check to see if a new tab or page has opened.

8. Click on **Start CHRA,** located in the **Things To Do** list on the right side of the page.

9. Click on English or Spanish. The CHRA takes about 20 minutes to complete.

When you have answered all questions on the CHRA, click on **Submit**, located in the lower right side of the page. CHRA's that have not been submitted are considered incomplete, and will not process your CHRA results. You may receive custom e-mail messages which are triggered by your online activities and/or CHRA results.

Your CHRA report

You will receive immediate results online of your CHRA. The CHRA report provides you with summary information about your health status, lifestyle habits and readiness to make changes, if needed.

To get started

You will need:

1. Benefit ID Card
2. Email address

Submit your CHRA

Remember to submit your assessment when you are done to receive credit for completion and to view your results.

Questions?

If you have any questions or need assistance registering, please call UMR Customer Service at 1-800-207-7680.

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