

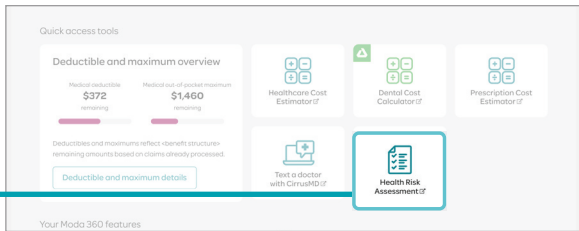
Desktop Instructions *(For Mobile App instructions please see page 5)*

Complete your Health Assessment with Moda Health, powered by Sprout

- 1 Log in to your Member Dashboard at modahealth.com/Memberdashboard

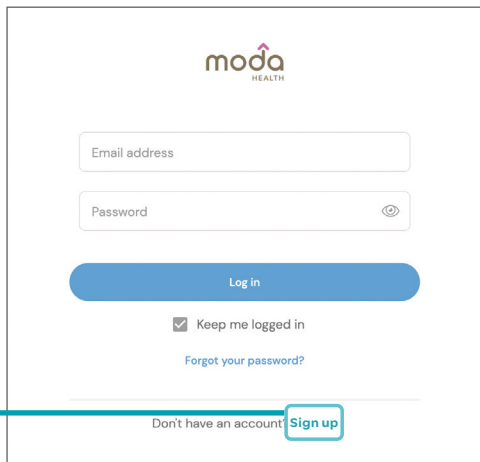
*First time signing on? Click on the **Create an account** link. You'll need your Moda Health member ID to complete registration.*

- 2 From your Member Dashboard, scroll down on the homepage, click on the Health Risk Assessment tile.

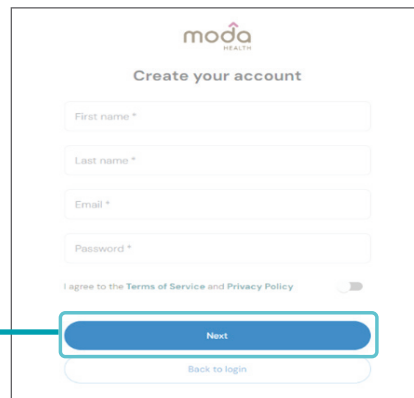


- 3 Create a Sprout account by clicking **“Sign up.”***

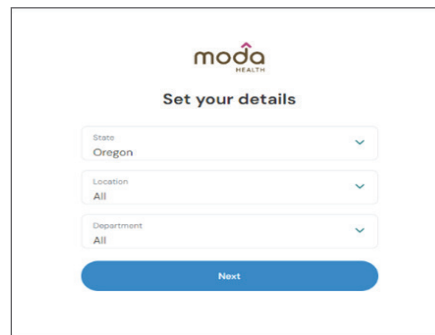
**This is not your Member Dashboard login. You will need to sign up for a Sprout account.*



- 4 Enter your information and click **“Next.”**

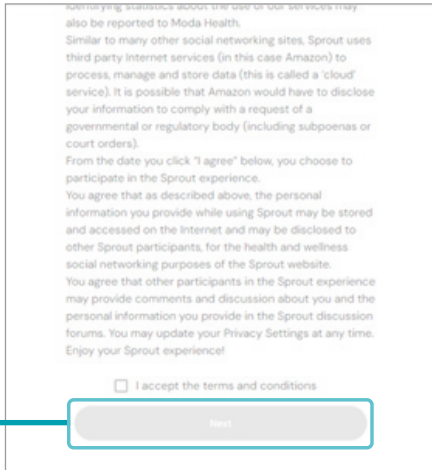


- 5 Select your state. Select **“All”** in the Location dropdown menu. Select **“All”** in the Department dropdown menu. Click **“Next.”**

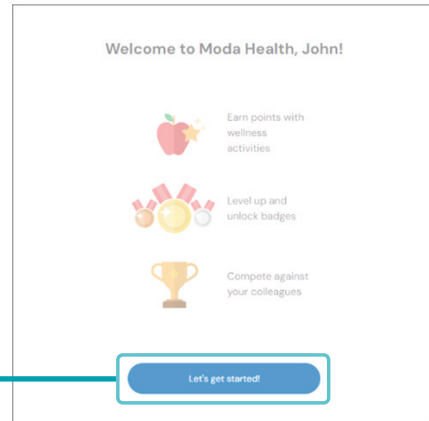


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6 Review the disclaimer. Check the box to accept the terms and conditions. Click **“Next.”**

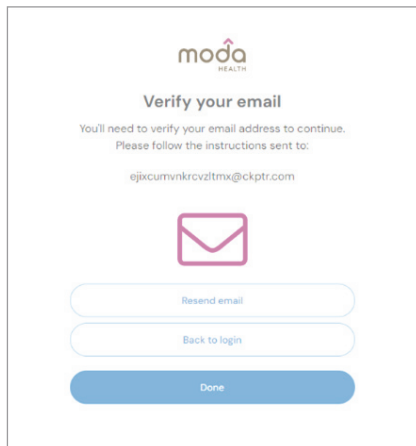


8 Once your email is verified, you're in! Link your fitness devices and set your goals (both optional), and you will be taken to the Sprout homepage to take your Health Assessment.

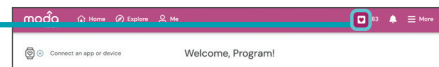


7 You will need to verify your email by logging into your account. Open the email from support@sproutatwork.com and click **“VERIFY MY EMAIL ADDRESS.”** A new pop-up window will take you directly to the Sprout platform*.

**Don't see the email in your inbox? Check your spam folder!*

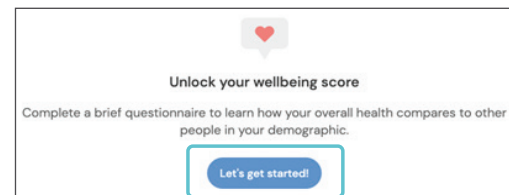


9 Click on the **heart icon** in the top right corner.



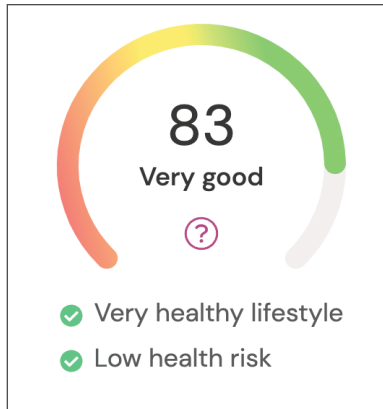
Click **Let's get started***.

**Once you start your Health Assessment, you must finish it. You will not be able to save your answers and finish later.*



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- 10 You will receive a wellbeing score when you have completed your Health Risk Assessment.

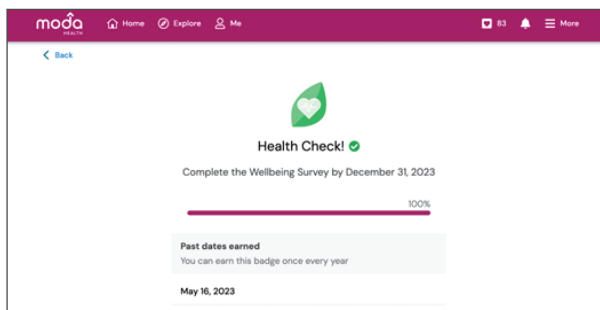


To save this badge as a PDF:

- If you are on a Mac, press Command+P on your keyboard
- If you are on a Windows computer, press Ctrl+P on your keyboard
- If you're on your mobile device, follow your phone's instructions to take a screenshot

- 11 You will **NOT** receive an email confirmation after you take your Health Assessment. To save proof of completion for your records, you will need to select **Me>My achievements > Earned** to view this badge. Follow the instructions below to save as a PDF.

If you do not see your badge, refresh the page.

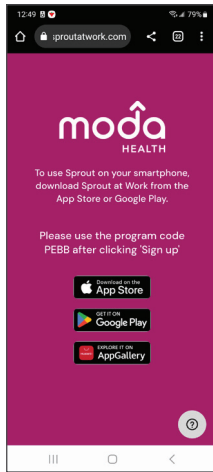


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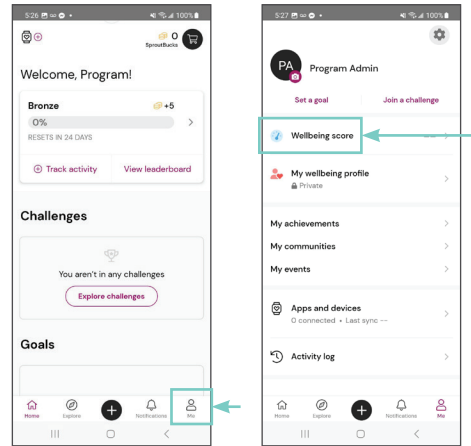
Mobile App Instructions

Complete your Health Assessment with Moda Health, powered by Sprout (app)

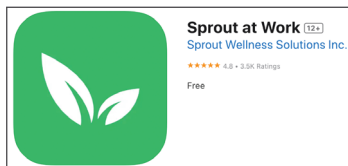
1 If you are using a mobile device, you will be directed to download the mobile app, powered by Sprout through your app store.



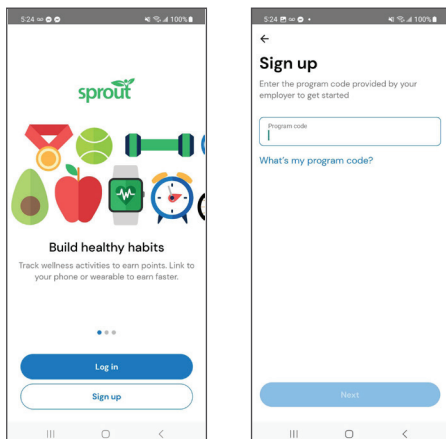
3 Once in the app, tap **Me** at the bottom of the screen. Then click on **Wellbeing score** to access the Health Assessment.



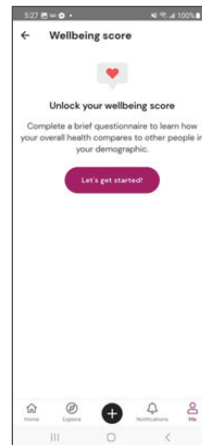
2 Download the Sprout at Work app to launch Moda Health, powered by Sprout through your app store.



Create a Sprout account by clicking "Sign up" and enter the program code: **PEBB**



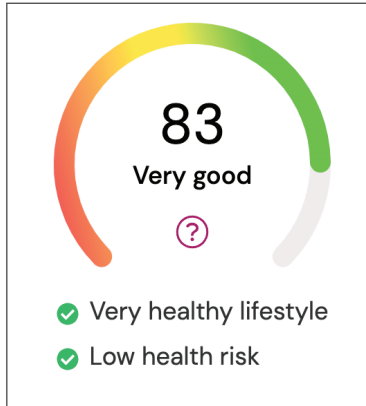
4 Then select **Let's get started**.



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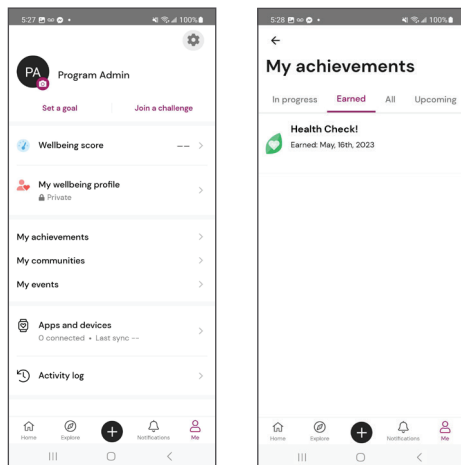


- 5 You will receive a wellbeing score when you have completed your Health Risk Assessment.



- 6 You will not receive an email confirmation after you take your Health Assessment. To save proof of completion for your records, you will need to select **Me > My achievements > Earned** to view this badge. You can save a screenshot of this page for your records.

If you don't see your badge, refresh the page.

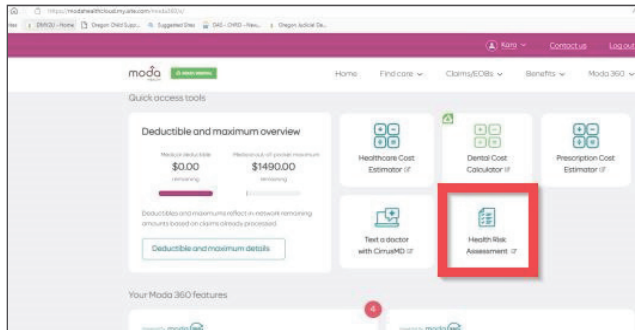


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Frequently asked questions

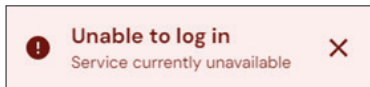
- 1 I went to do my HEM and there is no icon on my dashboard. Where do I find the HEM or Healthy Engagement Modal?

Log into your Member Dashboard and Click on the Health Risk Assessment tile.

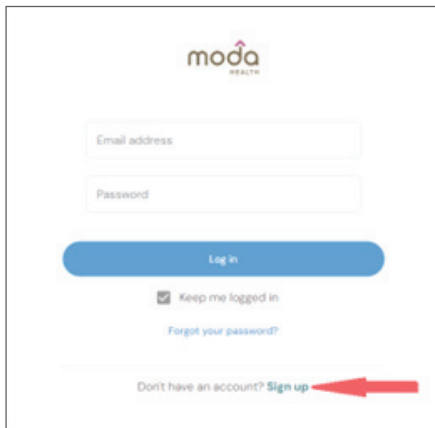


- 2 I am trying to initiate the HEM process for upcoming open enrollment, and it says my Subscriber ID could not be found. Or the health assessment will not allow me to take the assessment; it keeps saying unavailable.

Or the health assessment will not allow me to take the assessment; it keeps saying unavailable.



Error messages occur when you're not a registered Sprout user and attempting to login using your Moda Member Dashboard credentials. You would need to click **Sign up** instead of trying to log in with your Moda credentials.



Questions? Call our care team toll-free at 844-776-1953 from 7:30 - 5:30 PST or email pebbcustomerservice@modahealth.com. TTY users, please call 711.