

# 2021 Participant Login and Scheduling Instructions



AKRS is offering a voluntary health screening as part of an employer sponsored wellness program.

Take an active role in your health and experience the benefits of wellness!

## Getting Started – Creating Your MyHealics Dashboard Account

Go to <https://www.myhealics.com/healthcare/healics/login/signup> to create your account. You will need to agree to the Notice of Privacy Practices as the first step.

*\*Google Chrome is recommended for best results*

**Company ID: Plains**

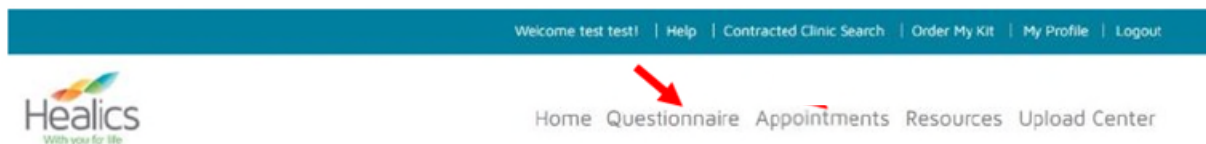
**Username/Participant ID:** Employees will enter their username by using their first name, last name, and XID. Spouses will use their first name, last name, and the employees XID. (example: JohnSmith12345678)

**IMPORTANT** - You only need to complete the account creation process ONE time. For future logins, go to [www.myhealics.com](http://www.myhealics.com) and enter your participant login information.

**NEED HELP?** - if you need assistance accessing your account, email our team at [receptionist@healics.com](mailto:receptionist@healics.com) and we will be happy to assist you!

**Each participant has their own dashboard and login.** If your spouse is participating in the health screening, they will need to log into their MyHealics Dashboard to complete the questionnaire and sign up for their appointment. Do NOT schedule anyone's appointment but your own when logged into your dashboard.

## MyHealics Health Assessment and BioScreen



- Click **Questionnaire** in the top menu bar to complete your Consent/Authorization and MyHealics Health Assessment. Enter the Access Code: **Plains**

## MyHealics Results Consultations

- Your results will be available 2-3 weeks after your screening event date.
- If you are a first-year participant or your score on the Healics Individual Health Profile is 70 or less, please call 1-800-432-5427 to schedule an appointment with a Healics Health Advisor to complete a personal Results Consultation session by phone. The Results Consultation session will take about 10 minutes. During the call, the health advisor will help you understand your individual results and answer any questions you have about them.

## Additional Information

**COVID-19 notice:** Please follow your company, local, and state mask and social distancing guidelines during your screening. We recommend masks when in close contact with individuals of unknown immune status (from prior infection or immunization). Screeners will be sanitizing all materials/equipment used in the process after each participant is screened.

- Participants are encouraged to bring their own pen to their appointment to complete any necessary paperwork.
- The cut-off time to sign-up for or change your appointment time is 48 hours prior to when the screening session begins.
- If you need to cancel your appointment or are having trouble locating your appointment information, contact your Site Coordinator.
- You will receive any necessary forms for the health screening from your Site Coordinator. If you have any questions or need further information, contact your Site Coordinator.

The **Program Documents** section of your MyHealics Dashboard contains the Healics Health Screening FAQ and the booklet “Your Guide to a Healthier, More Vibrant Life”.

You will receive an email (if you provide a valid email address in the **Profile** section of your MyHealics Dashboard) when your Individual Health Profile is available (approximately 2-3 weeks after your screening date). Login to your MyHealics Dashboard and click **Reports** to view your results from the health screening.

Your health plan is committed to helping you achieve your best health status. Rewards for participating in a wellness program are available to all employees. If you think you might be unable to meet a standard for a reward under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact your HR department or Healics and we will work with you (and, if you wish, with your primary care provider) to find a wellness program with the same reward that is right for you based on your health status.

