

2021 Participant Login and Scheduling Instructions



Cedar Grove-Belgium School District 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

Login to your MyHealics Dashboard - go to www.myhealics.com and enter your participant login information.

*Google Chrome is recommended for best results

User Name/Participant ID/Email: Your User Name is your first initial and last name with no spaces.
You can use your email as your User Name after your first login.

Password (case sensitive):

*First time users: *wellness*

COMPANY ID: CEDARGR

NEED HELP? If you need assistance accessing your account, email our team at 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



1. Click **Questionnaire** in the top menu bar to complete your Consent/Authorization and MyHealics Health Assessment. Enter the Access Code for your location (see table below).
2. Click **Appointments** and enter the Access Code for the location where you want to schedule your MyHealics BioScreen appointment (see table below).

| Biometric Screening Location | Access Code |
|-------------------------------------|-------------|
| Cedar Grove-Belgium School District | CGSD |
| | |

MyHealics Scheduled Telephonic Results Consultation:

1. Click **Appointments** and enter the Access Code for the location where you want to schedule your MyHealics Telephonic Results Consultation appointment (see table below). **Please include your phone number when you schedule your appointment.**
2. Choose a date for your telephonic results consultation appointment that is at least 4 weeks AFTER your screening date to ensure your results will be processed and available to review at your appointment.

| Telephonic Results Consultation | Access Code |
|---|-------------|
| Cedar Grove-Belgium School District TRD | CGSDTRD |
| | |

Additional Information

- **COVID-19 notice:** 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.

