

To take the Healthy Foundations Health Risk Assessment:

Go to <https://tristatewelfarefund.com>

Click on the tab near the top of the page called **Plan Benefits**.

Click on: *Healthy Foundations*.

Open: *Benefits & Tools for Adults*.

Next to the words *Take the Health Risk Assessment*, is the word *Instructions*.

It is a link to the instructions on getting signed up for the Health Risk Assessment. It has the **registration number** you will be required to provide when you sign up for the Health Risk Assessment.

You will then click on the *Take the Health Risk Assessment* if the sign-up sheet doesn't take you to the Health Risk Assessment.



Tri-State Ironworkers, in coordination with MCM Solutions For Better Health is pleased to notify you that they have updated the HRA/Health Risk Assessment portal for its' members. It is easy to use. Please do not miss the opportunity to use this wonderful benefit. You will need to register as a new user on the MCM website.

Please follow these simple directions:

Complete an Online Health Assessment

Go to www.medicalcost.com and select "Health Risk Assessment- Log In"

From the "User Registration" page add a new user as follows:

Registration Number: 2557729

Full Name: Fill in your full name

Email: Fill in your personal email.

User ID: Create your own unique User ID – 6-12 characters, no spaces.

Password: Create your unique password - 6-12 characters and confirm it.

Click Submit and you will be at the HRA & Calculator home page.

Select "General Health Assessment" from the Assessments section of the Home page.

The General Health Assessment combines health and well-being and has great instant feedback. Everyone completing an assessment that includes an email address will have a personal "Assessment Page" set up where they can review prior assessments and go to educational links. After completing the Assessment, you will receive a "congratulations" email and a link for your assessments page.

Please Note - When you log in again, simply select the "Already a member" login area and you only need to enter your User ID and Password.

Should you have any questions, please contact us at 800-367-9938.