



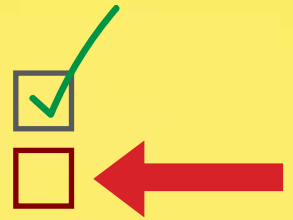
Second Step in Completing the Personal Wellness Profile



Congratulations for completing the Biometric Screening, the first step of the Personal Wellness Profile (PWP).

A PWP is a comprehensive health risk assessment that evaluates your overall health status. For completing the screening, you've earned **50 WELLthy Reward\$ points**.

1. Biometric Screening
2. **Online Health Risk Assessment**



Online Health Risk Assessment (HRA) Questionnaire

The second step is to complete the optional health risk assessment (HRA) questionnaire and adding your biometric screening results in part 12 – “health tests.” After completing the HRA, you will receive **50 WELLthy Reward\$ points** and get immediate access to a confidential analysis of your health status, a health score, and guidance on how to improve areas that are outside of any healthy range. Your report will be stored in your account and can be accessed any time for review. This feature allows you to monitor your health status and progress between years.

Complete the HRA Questionnaire:

- 1 Visit ventura.org/registervcwell
- 2 Username: (6-digit employee ID #)
Password: VCHRP password
If you are having trouble logging in, please contact wellness.program@ventura.org for assistance.
- 3 Click on your name under “eligible participant”. Then click “Complete my Wellness Profile Questionnaire”
- 4 After entering you information on the next screen, please make sure your pop-up blocker is deactivated. View detailed instructions for deactivating your pop-up blocker here: <https://bit.ly/PopupBlocker2022>
- 5 Click on “Personal Wellness Profile”, then on “Start New Assessment”



You're one step closer to earning \$400!

WELLthy Reward\$

Learn more:

<https://bit.ly/WELLthyRewards2022>

