

Member Guide to AET's Your **HEALTH** Counts Wellness Program Registration and Login Instructions

Associated Employer Trust's (AET) **Your HEALTH Counts** Wellness Program provides key metrics for your health planning and evaluation. Log in at www.aims.bioiq.com to order your BioIQ™ home test kit and then log in to visit www.modahealth.com/aims to log in to Moda Health Plan to complete your online personal health assessment. You'll learn important information about identified health risks, a list of good health habits on which to focus and a personal summary you may share with your healthcare provider if desired.

It's easy to get started:

1. Go to <https://aims.bioiq.com> and click "Sign up today!"

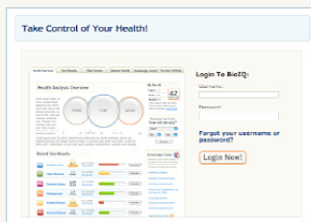


2. Choose whether you have ordered a kit before, or if this is your first time.

Have you ordered a BioIQ test kit online before?

Yes, I have!

Then click the image below to login and enter your new invitation code when prompted on the following screen.



No, this is my first time.

Then click the image below to get started with our simple registration process.

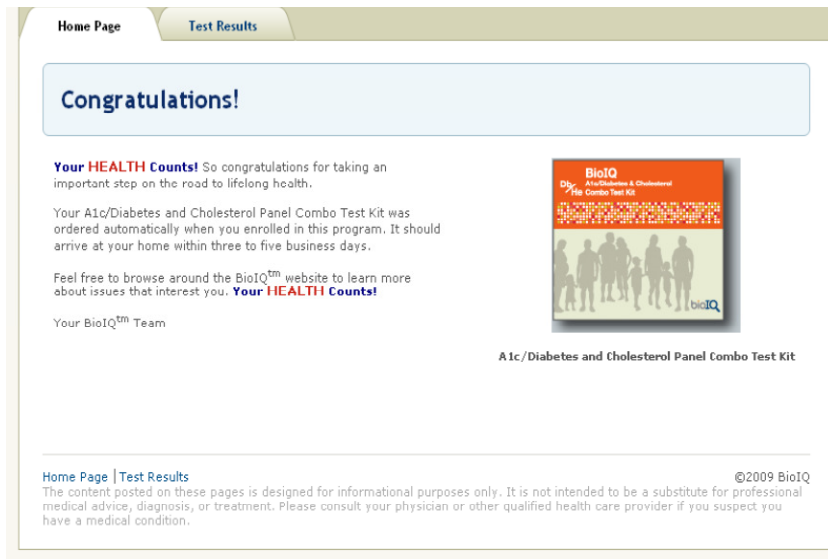
3. **RETURNING MEMBERS:** Use your already established username and password to login (if you do not remember, click on "Forgot your Username or Password" to recover. Once logged in confirm your address and enter the invitation code: THE INVITATION CODE TO ENTER IS 05 + your 8 digit Group Number (found on your medical ID Card).

4. NEW MEMBERS: Register by completing the next screen.

- **IMPORTANT NOTE: THE INVITATION CODE TO ENTER IS 05 + your 8 digit Group Number** (found on your medical ID Card). If you do not know your Medical Group Number, please request this information from your group benefit administrator to continue.

The screenshot shows a web page for signing up for a BioIQ account. At the top, there are navigation tabs: Home Page, Why We're Here, What's Included, and Sign-up Now. The main heading is "Sign-up For Your **FREE** Account and Get Started". Below this, it says "It's safe, affordable and convenient". The form includes fields for First Name, Last Name, Username, Email Address, Create A Password (with a strength indicator), Retype Password, Invitation Code, and Member ID Number. There is a checkbox for agreeing to terms and conditions. On the right side, there are four icons with text: "In-home testing is fast and easy" (house icon), "Early detection of chronic diseases" (magnifying glass icon), "Web-based tools to track your health" (computer icon), and "Your data is always secure" (lock icon). Below these is a "digicert" SSL CERTIFICATE logo and a quote from a BioIQ customer: "I signed up in less than five minutes. The website was very easy to understand. There was just enough information." A "Click to Continue" button is at the bottom right.

5. Be sure you see the congratulations screen. When you see the screen, your Glucose and Cholesterol Panel Combo Test Kit was ordered automatically when you enrolled in this program. It should arrive at your home within three to five business days.



6. The kit is mailed to the address you supply. Follow the instructions and complete the test and mail it back free of charge with the self-addressed, postage-paid envelope provided. You'll be mailed your confidential results in 30 days.

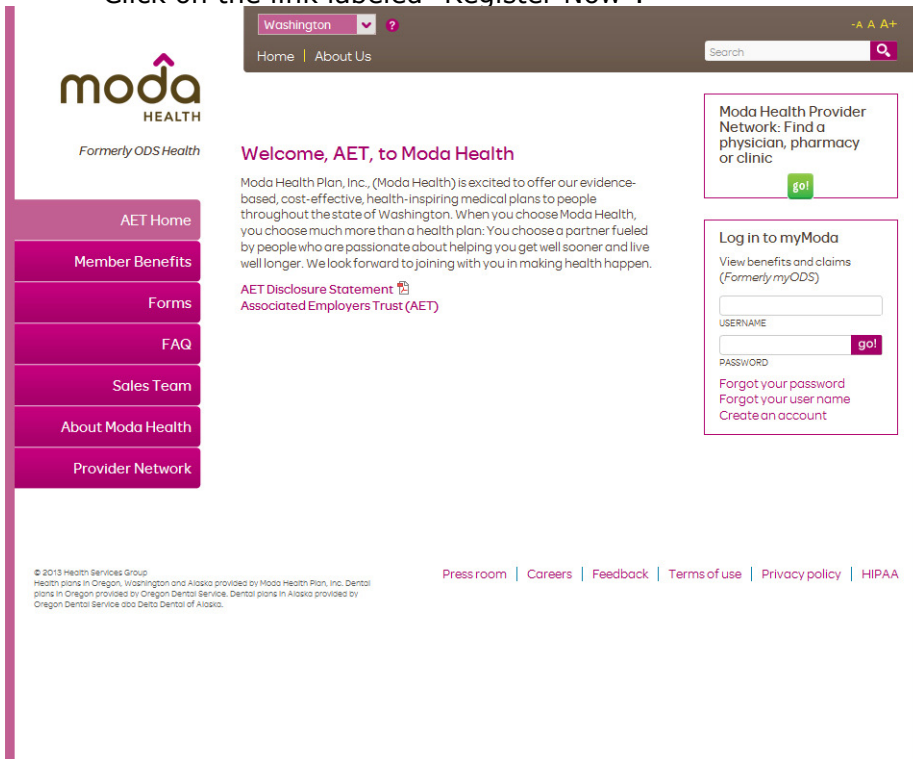
Once you receive the results from BioIQ™, continue to your Personal Health Assessment:

1. With your results from BioIQ™ in hand, go to www.modahealth.com/aims to log in to myModa

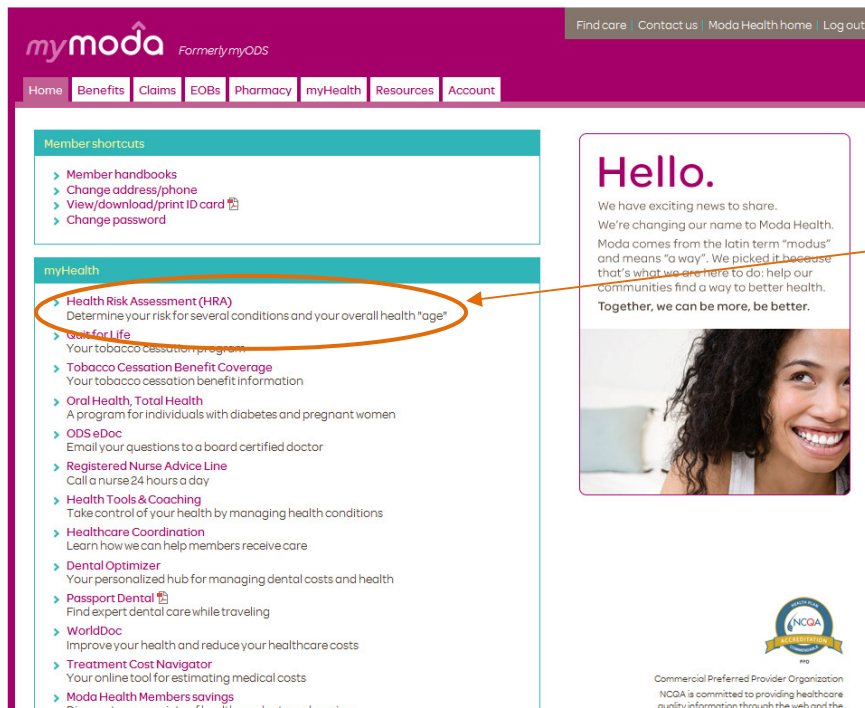
2. If you are already registered with Moda Health, please log in with your username and password. To register for your myModa account, please visit www.modahealth.com/aims. Click on the link that says “create an account” and follow the instructions to set-up your myModa account.

Registering with Moda Health:

- Click on the link labeled “Register Now”:

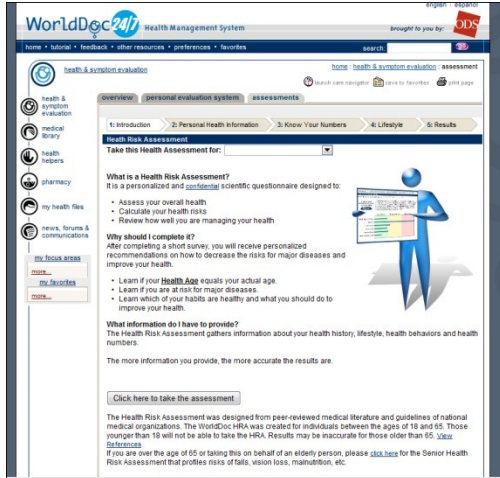


3. Once you have completed your registration, you will be directed to the myModa home page. From this page you can access your Health Risk Assessment (HRA) by clicking on the plum link in the myHealth box that reads “Health Risk Assessment (HRA). Once you click on this link, you will be directed to the HRA.

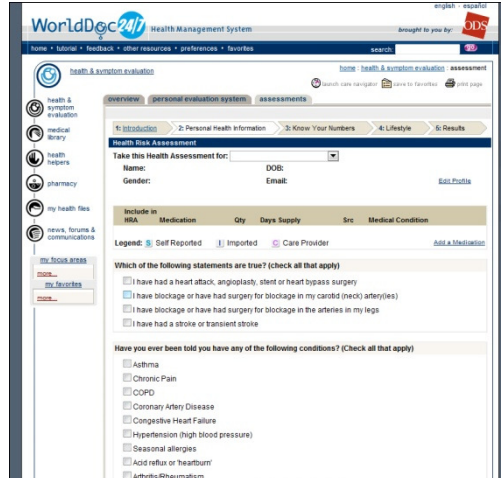


Click on “Health Risk Assessment (HRA) to begin your HRA.

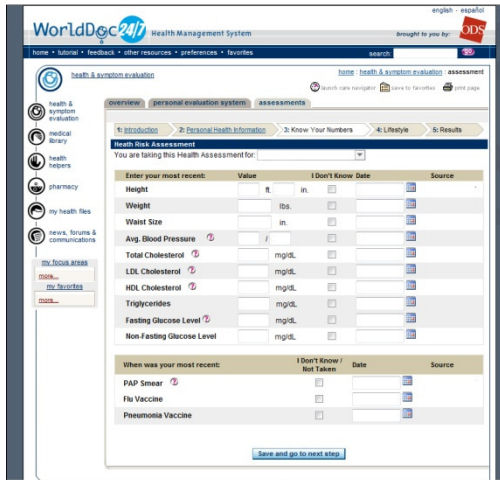
4. Your HRA has five sections: Introduction, Personal Health Information, Know your Numbers, Lifestyle and Results. In all, your Moda Health HRA will ask you 40 questions and should take you about 15 minutes to complete.



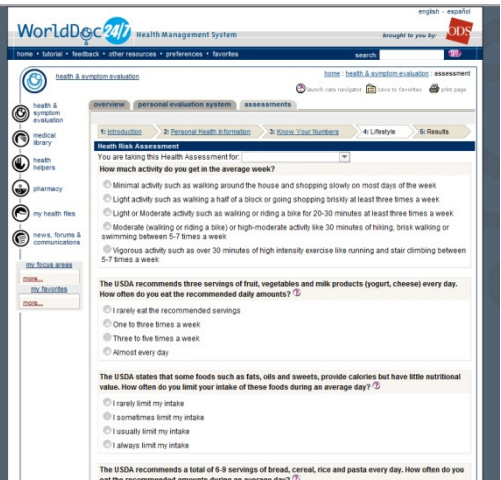
Introduction



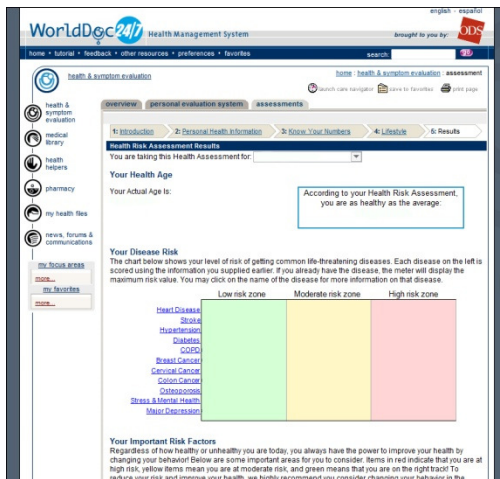
Personal Health Information



Know your Numbers



Lifestyle



Results