## 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 <u>www.aims.bioiq.com</u> to order your BiolQ<sup>™</sup> home test kit and then log in to visit <u>www.modahealth.com/aims</u> 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.bioig.com and click "Sign up today!"



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



 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: <u>THE INVITATION CODE TO ENTER IS 05 + your 8 digit</u> <u>Group Number (found on your medical ID Card)</u>. 4. NEW MEMBERS: Register by completing the next screen.

• IMPORTANT NOTE: <u>THE INVITATION CODE TO ENTER IS 05 + your 8 digit Group Number</u> (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.

| t's safe. ai  | fordable and            | convenient                    |                            |  |                                    |
|---|-------------------------|-------------------------------|----------------------------|--|------------------------------------|
| First Name:   |                         |                               | This Page 🔇 🃎<br>is Secure | In-home testing is fast<br>and easy                      |                                    |
| Last Name:  |                         |                               |                            | Early detection of                                       |                                    |
| Username:   |                         |                               |                            | chronic diseases   |                                    |
| (This vill be your BioIQ username, which you will use when you log into the member area.)<br>Email Address:                     |                         |                               |                            | Web-based tools to<br>track your health                  |                                    |
| Create A Password:  |                         |                               |                            | Your data is always<br>secure                            | $\bigcirc$                         |
| Minimum 8 charactere, including at least 1 letter and 1 number.<br>Example: "h3alth4m3!"<br><u>Password strength:</u> Too short |                         |                               |                            |  |                                    |
| Retype Password:  |                         |                               |                            |  |                                    |
| Invitation Cod  | e:                      |                               |                            | "I signed up in less than fi<br>website was very easy to | ve minutes. The<br>understand. The |
| Member ID Nu  | mber:                   |                               |                            | was just enough informat                                 | ion."                              |
| Check her   | e if you agree to the B | ioIQ <u>Terms and Conditi</u> | ons                        | Goleca, California                                       |                                    |

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<sup>M</sup>, continue to your Personal Health Assessment:

1. With your results from BiolQ<sup>™</sup> in hand, go to <u>www.modahealth.com/aims</u> 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 <u>www.modahealth.com/aims</u>. 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":

|  | Washington ?   |  |
|--|--|--|
| <b>^</b>   | Home   About Us  | Search   |
| MODO   |  | Moda Health Provider<br>Network: Find a                            |
| Formerly ODS Health  | Welcome, AET, to Moda Health   | physician, pharmacy<br>or clinic                                   |
| AFT Home   | Moda Health Plan, Inc., (Moda Health) is excited to offer our evidence-<br>based, cost-effective, health-inspiring medical plans to people<br>throughout the state of Washington. When you choose Moda Health, | go!  |
|  | you choose much more than a health plan: You choose a partner fueled<br>by people who are passionate about helping you get well sooner and live  | Log in to myModa   |
| Member Benefits  | well longer. We look forward to joining with you in making health happen.  | View benefits and claims<br>(Formerly myODS)                       |
| Forms  | AET Disclosure Statement 🔀<br>Associated Employers Trust (AET)   |  |
| FAQ  |  | USERNAME   |
|  |  | PASSWORD   |
| Sales Team   |  | Forgot your password<br>Forgot your user name<br>Create an account |
|  |  |  |
| Provider Network   |  |  |
| O 2013 Heath Servers Group<br>Heath plans In Cregon, Warnington and Alasta pr<br>plans In Cregon provided by Oregon Denta Service<br>Oregon Dental Service dos Deta Dental of Alasia | ovided by Moda Heatth, Pion, Inc. Dental<br>Dental plans in Alabria provided by  | rmsofuse   Privacy policy   HIPAA                                  |

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.



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.





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Know your Numbers



Results