



Whether a returning or new user, this sheet is intended to help you log on to your existing JourneyWell account or register for an account to complete your personal health assessment. Invest 20 minutes — get started today!

### To get to JourneyWell:

- Go to [www.advantagehealthadvisors.com](http://www.advantagehealthadvisors.com).
- Click on *Take My Personal Health Assessment* to go to JourneyWell.

### Returning users (if you took the health assessment last year)



If this is your first time taking the health assessment, register for an account to begin.

JourneyWell  
customer service  
phone numbers:

Twin Cities  
Metro area:  
952-967-5128

Outstate MN  
toll-free:  
1-866-977-5128

TTY toll-free line:  
1-877-222-2794

### New users start by registering for an account

- When you're ready to begin, click *Register for an account*.
- Follow the steps to complete your registration.
- After your registration is complete, click on a button titled *Take My Health Assessment* to begin.

#### Log on information you'll need:

You'll need the last four digits of your Social Security number.

Record your user name for your records	
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Record your password for your records	
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In the personal health assessment you have the option to enter your current clinical numbers. Although providing this information is optional, entering it results in a more accurate picture of your current health status.

### Know your numbers for the Personal Health Assessment

Height	
Weight	
Blood Pressure	
Total Cholesterol	
LDL Cholesterol	
HDL Cholesterol (good cholesterol)	
Triglycerides	
Glucose (blood sugar level)	

Gathering your most recent numbers in advance may decrease the time it takes to complete your personal health assessment.

If you do not know your numbers, you may either contact your health care provider, or choose "I do not know" for your response.

If you have any questions about registering for an account or taking your personal health assessment, contact JourneyWell customer service.

