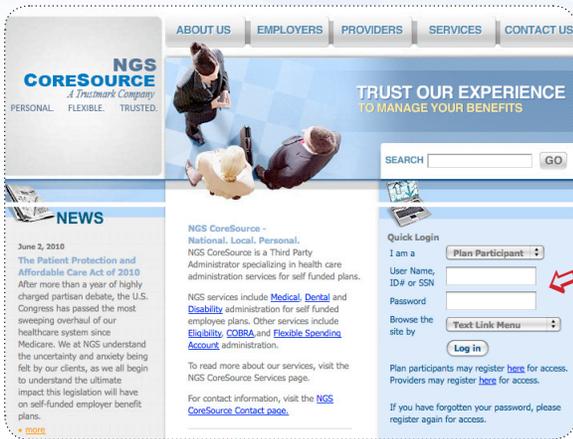


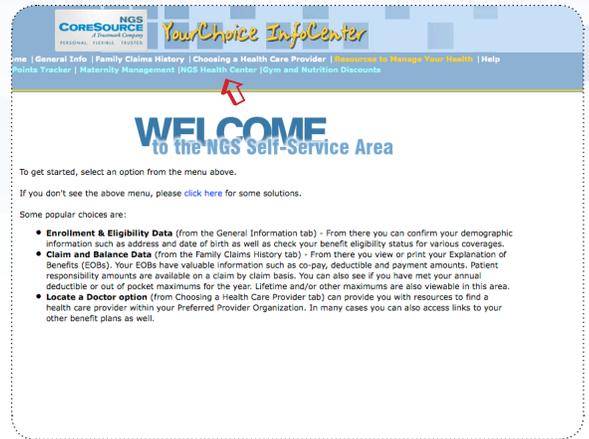
Taking Your Health Risk Assessment

When it comes to taking a Health Risk Assessment (HRA), using the HealthCenter couldn't be easier. Follow the steps below to complete your HRA.

1



2



To take your HRA, go to www.NGS.com. Enter your Username and Password and select Sign In.

Select the HealthCenter link.

3



4



Select **Click here to begin your Insight® Health Assessment.**

When you arrive at the HealthCenter, select the banner **Health Risk Assessment** (also known as an HRA) under "Get Involved."

INSIGHT® Health Questionnaire

This health survey contains a series of questions and takes approximately 15 minutes to complete. Your responses from an earlier assessment have been retrieved and displayed below. Please change them to reflect your current health status. At the end of the questionnaire, click the **Save/Finish** button. Our system will immediately calculate and prepare your results in a personalized web page.

Biometrics

90. In the past 2 weeks, how much of the time were you able to sit, stand, or stay in one position for longer than 15 minutes while working, without difficulty caused by physical health or emotional problems?

91. In the past 2 weeks, how much of the time were you able to repeat the same motions over and over again while working, without difficulty caused by physical health or emotional problems?

92. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to concentrate on your work?

93. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to speak with people in-person, in meetings or on the phone?

94. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to handle the workload?

95. In the past 2 weeks, how much of the time did your physical health or emotional problems make it difficult for you to finish work on time?

Finished?
 Click the button below to save your responses! If you don't have time to finish the assessment, clicking this button will save your responses so that you can come back within the next few days to complete the questionnaire.

Complete your HRA by answering the questions provided. Selecting **Continue** will move you through each page of the questionnaire. Select **Finish** at the end.

You can also save your progress at any time to return later, if needed, by selecting **Save**.

Discover why it is so important to complete your HRA today, and learn about your current health risks and what you can do to get healthier. Print out your results and share them with your doctor. Update your HRA every six months to see how your Health Age improves as you make changes to your health habits. Here's to a healthier you!