

# 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.aet.bioiq.com](http://www.aet.bioiq.com) to order your BioIQ™ home test kit and then log in to visit [www.odskompanies.com/washington](http://www.odskompanies.com/washington) to log in to **MyODS** 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://aet.bioiq.com> and click "Sign up today!"

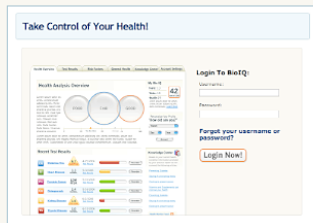


2. Choose whether you have ordered a kit before, or if this is your first time.

### 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 04 + your 8 digit ODS Medical 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 04 + your 8 digit ODS Medical 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.

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.

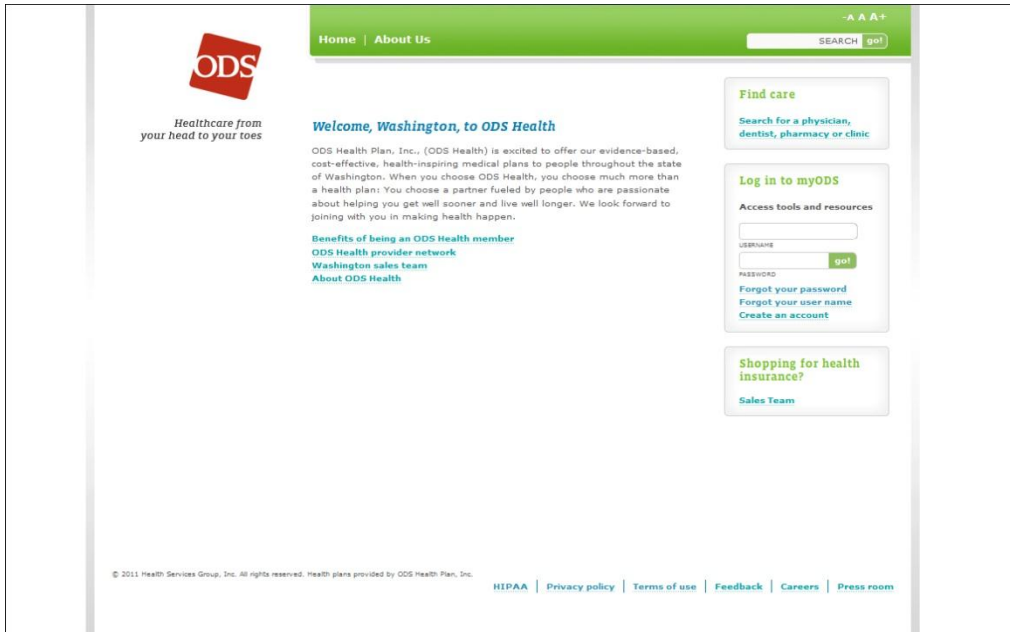
**Once you receive the results from BioIQ™, continue to your Personal Health Assessment:**

1. With your results from BioIQ™ in hand, go to [www.odscompanies.com/washington](http://www.odscompanies.com/washington) to log in to myODS

2. If you are already registered with myODS, please log in with your username and password. To register for your myODS account, please visit [www.odskompanies.com/washington](http://www.odskompanies.com/washington). Click on the link that says “create an account” and follow the instructions to set-up your myODS account.

### Registering with MyODS:

- Click on the link labeled “Register Now”:



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

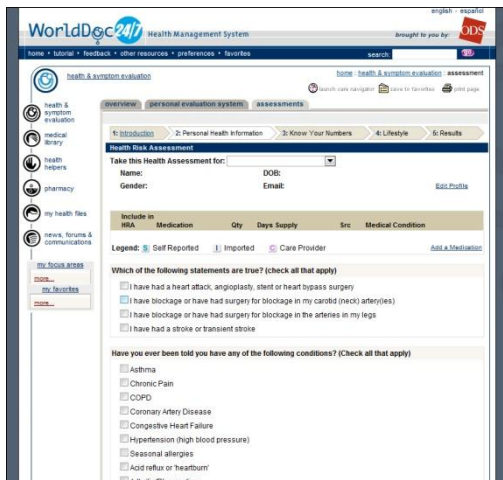


Click on “Health Risk Assessment (HRA) to begin your HRA.

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



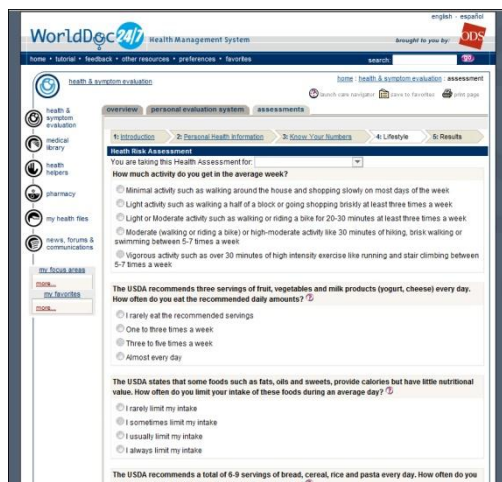
Introduction



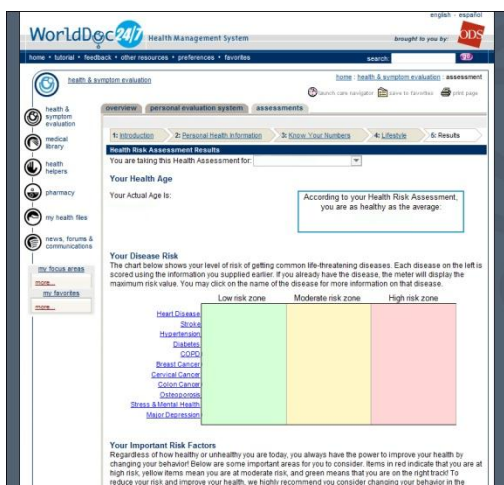
Personal Health Information



Know your Numbers



Lifestyle



Results