

How to... Save your Get Healthy Now Health Risk Assessment Results (by October 1, 2015)

1) Log In to your account:

- a. Go to <http://www.liveforlife.net/hfit/UofL>
- b. Log in:
 - i. **USERNAME:** EMPLOYEE ID NUMBER
 - ii. **PASSWORD:** Use your unique password
- c. Trouble logging in? Call **1-800-670-4316**

2) Under Take Your Health Risk Assessment, click the "Health Risk Assessment" link.



Your Comments

tip...

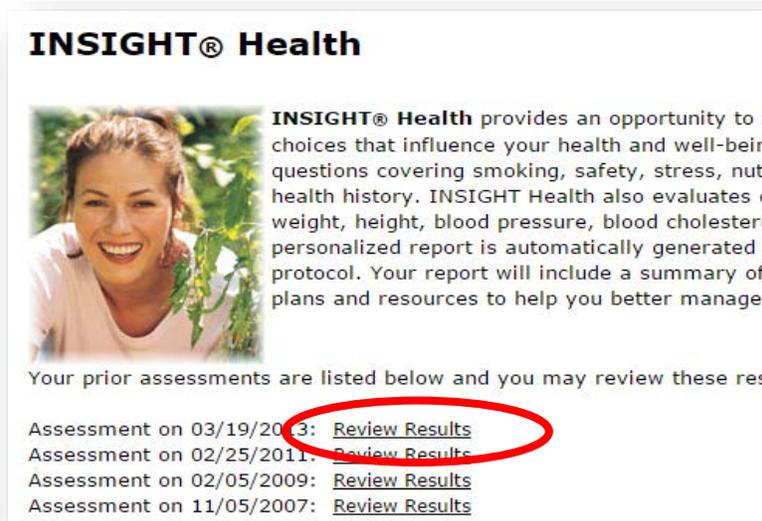
YOGA BENEFITS
Have you considered giving yoga a try? Our fitness experts say it's a gentle way to tone, increase flexibility and improve circulation. Yoga can also help

Take Your health risk ASSESSMENT

Follow these steps:

1. Review the wellness program process.
2. Achieve better health...one step at a time. Take the **health risk assessment** today!

3) Click on "Review Results" link to access previously completed Assessments.



INSIGHT® Health



INSIGHT® Health provides an opportunity to a choices that influence your health and well-being questions covering smoking, safety, stress, nutr health history. INSIGHT Health also evaluates c weight, height, blood pressure, blood cholesterol personalized report is automatically generated a protocol. Your report will include a summary of plans and resources to help you better manage

Your prior assessments are listed below and you may review these res

Assessment on 03/19/2013: Review Results

Assessment on 02/25/2011: Review Results

Assessment on 02/05/2009: Review Results

Assessment on 11/05/2007: Review Results

4) Click on "Print Format" link.

INSIGHT® Health

Your Report

Name: Doe, Jane
Gender: Female
Age: 48.9

Assessment Date: March 19, 2013

- [Physician Summary](#)
- [Print Format](#)
- [Options](#)
- [Enroll in Health Coaching](#)

Congratulations on completing your health risk assessment. Your report is designed to help you maintain or improve your health and offers action plans and resources.

5) Change Layout to "Landscape" and click "Print" to print or save as PDF.

Print

Total: 22 sheets of paper

Destination: HP Officejet 6700

Pages: All
 e.g. 1-5, 8, 11-13

Copies: 1

Layout: ▾

9/16/2015

INSIGHT® Health

Congratulations on completing your health risk assessment. Your report is designed to help you maintain or improve your health and offers action plans and resources.

Your Wellness Score is based on the information gathered at an on-site wellness assessment. Your Score does not take into account other factors working for you. Please consult your doctor for treatments. It does not replace your doctor's advice.

My Health Summary

My Overall Wellness

Blood Tests

Blood Pressure

Tobacco & Alcohol

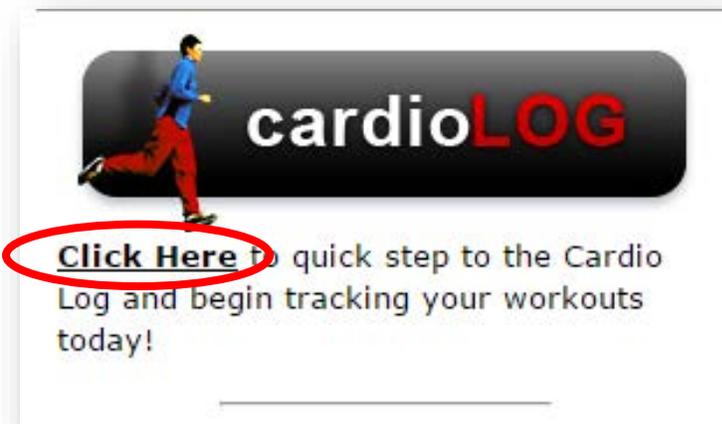
If you have any questions or concerns, please feel free to contact the Get Healthy Now at 502.852.7755.

How to... Save your Get Healthy Now Health Tracker Data (on or before **October 1, 2015**)

1) Log In to your account:

- a. Go to <http://www.liveforlife.net/hfit/UofL>
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 - i. **USERNAME:** EMPLOYEE ID NUMBER
 - ii. **PASSWORD:** Use or create a unique password
- c. Trouble logging in? Call **1-800-670-4316**

2) Under Cardio Log, click the "[Click Here](#)" link.



3) Click on the "[workout history](#)" link to access previously completed workouts.

Cardio Log

<< **September 2015** >>

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Use this online 'journal' to keep track of your daily workouts can boost your motivation, keep you on track progress over time. To get started, select an activity one of the *Add* buttons.

Click here to view your [workout history!](#)

[Workout Diary](#) | [Weight Room](#)

4) Click on "**Download Your Data**" link and an Excel Workbook will generate your results.

Select Activity:
Total Log Summary

Download Your Data

Lifetime summary of all logged activities:

	Total	Average
Sessions	15	
Minutes	2,280	163
Distance/Steps	0.00	0.00
Calories (kcal)	0	0
Weight		0
RPE		0

5) Change Layout to "**Landscape**" and click "**Print**" to print or save as PDF.

Print

Printer Xerox WorkCentre 7845 Ready
Printer Properties

Settings

Print Active Sheets
Only print the active sheets

Pages: to

Print on Both Sides
Flip pages on long edge

Collated
1,2,3 1,2,3 1,2,3

No Staples

Landscape Orientation

ACTIVITY
Cardio - Outdoor Walking
Class - Yoga
Cardio - Outdoor Walking
Cardio - Outdoor Walking
Sports - Basketball
Cardio - Mtn Biking
Cardio - Swimming
Cardio - Outdoor Running
Cardio - Elliptical Climber
Class - Kickboxing
Class - Martial Arts
Sports - Roller Hockey
Class - Karate Aerobics
Class - Muscle Conditioning
Cardio - Elliptical Climber

If you have any questions or concerns, please feel free to contact the GHN Wellness Center at 502.852.7755.