



Biometric Screening & Online Health Risk Assessment

Congratulations on completing your biometric screening!
This is an important first step in gaining a better understanding of your overall health and potential risk factors.

You have also earned **50 Wellthy Rewards points**.



Step 1: Biometric screening



Step 2: Online health risk assessment

The next step is to complete the online health risk assessment (HRA). This will earn you an **additional 50 Wellthy Rewards points**. By filling out the online HRA, which includes inputting the data from your biometric screening, you will have immediate access to a confidential report with analysis of your health status and guidance for improving any health risk factors. Your report will be stored in your account and can be accessed at any time, allowing you the ability to monitor your health status and yearly progress.

To complete the online HRA:

1. Visit ventura.org/registervcwell
2. Enter your employee ID number and VCHRP password.
3. Click on your name under "Current Eligible Participant".
4. On the left menu, click on "Complete my Wellness Profile Questionnaire Now".
5. Read the acknowledgement, then click "Accept".
6. Enter/confirm your data. Before you click "Save/Update and Continue to Wellsource Wellness Profile", **please make sure your pop-up blocker is deactivated**. View detailed instructions for deactivating your pop-up blocker here: <https://tinyurl.com/pop-up-blocker>
7. On the left menu, click on "Personal Wellness Profile", and then "Start New Assessment".



You're getting closer to your Wellthy Rewards cash award!

Learn more here:

<https://vcwell.ventura.org/rewards/>

For questions or assistance, please contact the Wellness Program at wellness.program@ventura.org or 805-654-2628