How to take the Health Survey

1. Log in at www.bebetterhealth.net

2. Click “Take Health Survey” in the left menu.

3. Click the “Start Health Survey” button.

4. Answer each question as it is presented.

5. Click the “Next Question” button to go to the next question. Use the browser back button to navigate to a prior question.

6. When you are done, click the “Finish” button. Then, click “Ok” to confirm you wish to submit your survey as complete. Your answers cannot be changed after you submit it.
Typically, it takes about 15 minutes to finish the survey. You can click the “Exit” button to leave the survey at any time and decide whether or not to save your answers. If you quit your browser while taking the survey, your answers will NOT be saved.

If you were recently screened before 1/31/15, your body measurements, blood pressure, and finger stick blood test results will be prepopulated in the Health Survey, including your:

- Height
- Weight
- Waist Measurement
- Blood Pressure
- Total Cholesterol
- HDL Cholesterol
- LDL Cholesterol
- Triglycerides
- Blood Glucose

However, if a blood pressure or blood test value was not recorded during your screening and you don’t know it, simply leave it blank and continue on to the next question.

After you submit your survey, you can start earning points towards your personalized wellness goals generated by the system. Simply follow the onscreen instructions in the “My Plan” page to track your progress and achieve your wellness goals.