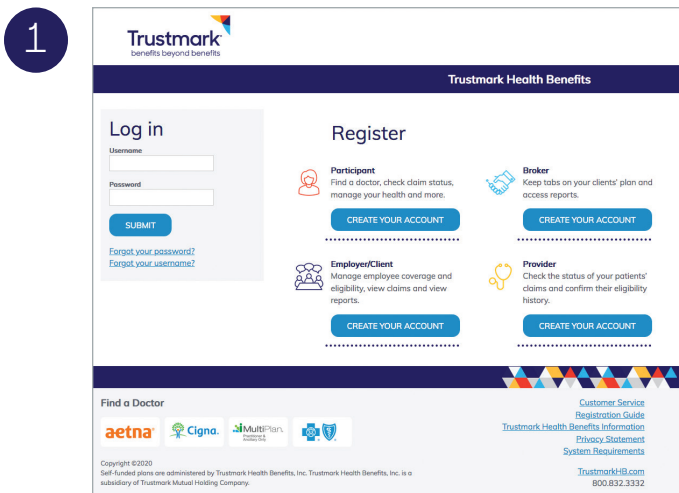
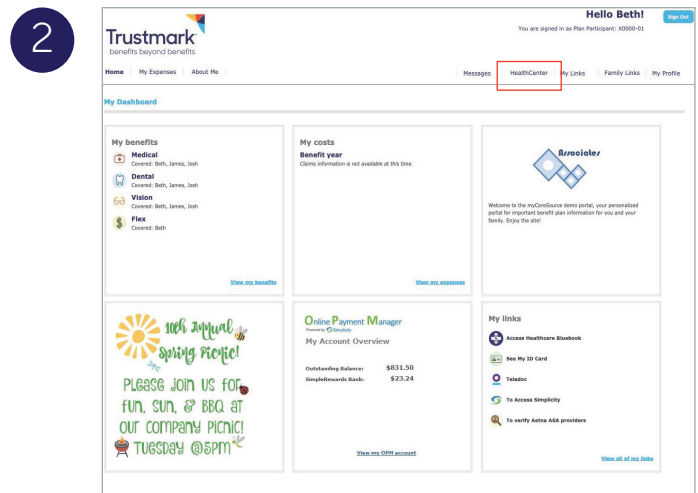




When it comes to taking a Health Risk Assessment (HRA), using the HealthCenter couldn't be easier. Follow the steps below to complete your HRA.

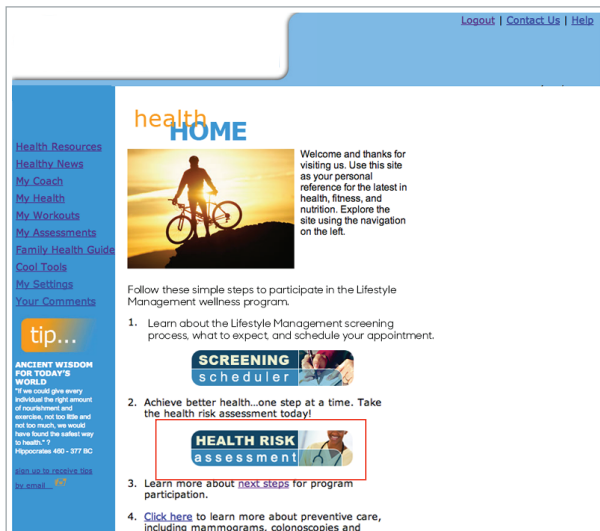


To take your HRA, go to **myTrustmarkBenefits.com**. Enter your Username and Password and select Sign In.



Select the **HealthCenter** tab on the right-hand side.

3



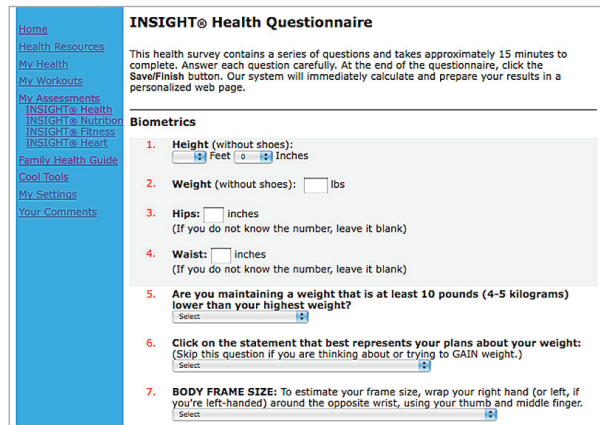
4



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."

5



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.

Once you complete your HRA, 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.