Wellness

Your myHNAS member portal is a single point of access employer-sponsored health & wellness service. Depending on your plan, you may have tools available such as a Health Risk Assessment quiz, access to a wellness programs, incentive rewards, and more.

Features:

• Complete simple questions to obtain a profile of your current health status
• Get personalized recommendations and actions for setting health goals
• Connect to a device to track steps, activity and more
• View upcoming events and classes
• Participate in healthy activities with your colleagues
• Earn badges and incentive rewards, if applicable

To access in to Wellness:

1. Go to myhnas.com and log on.
2. Select Wellness from the left hand menu, click on the service you wish to access.