

# Wellness

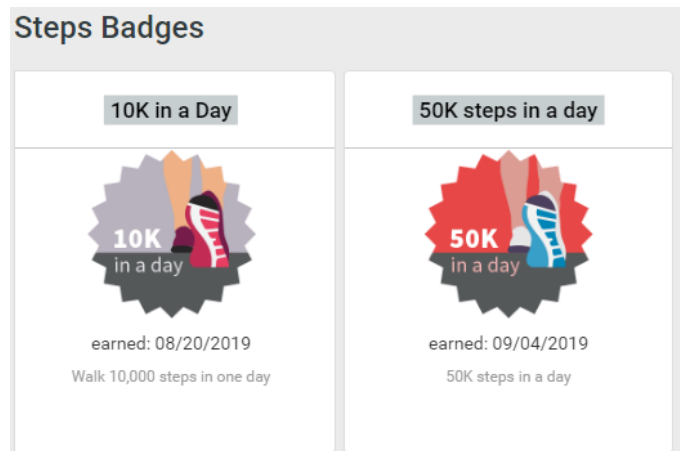
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Your myHNAS member portal is a single point of access employer-sponsored health & wellness service. Depending on your plan, you may have tools available such as a Health Risk Assessment quiz, access to a wellness programs, incentive rewards, and more.



## 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](http://myhnas.com) and log on.
2. Select *Wellness* from the left hand menu, click on the service you wish to access.