

WELLNESS ASSESSMENT

Deadline for Completion: September 30, 2019



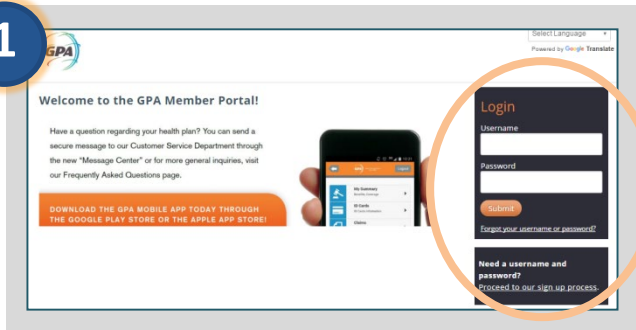
The **Wellness Assessment** is one point towards earning the premium reduction for the 2020 plan year! It is a confidential survey that asks you about your personal health history, nutrition, physical activity, safety habits and other current behaviors. Learning about where you are in terms of your health status, and what steps you can take to improve it, is simple and quick!

Key features:

- ❖ The Wellness Assessment is completely confidential, and individual results are not shared with your employer.
- ❖ Easy to complete – only takes 15-20 minutes.
- ❖ You can save and return at a later time and complete it as long as you return before the assessment period ends.
- ❖ After answering all questions, click the green “complete” button - you will be taken to a summary of you results.
- ❖ Credit will appear within 48 business hours of assessment completion.

HOW TO COMPLETE YOUR WELLNESS ASSESSMENT

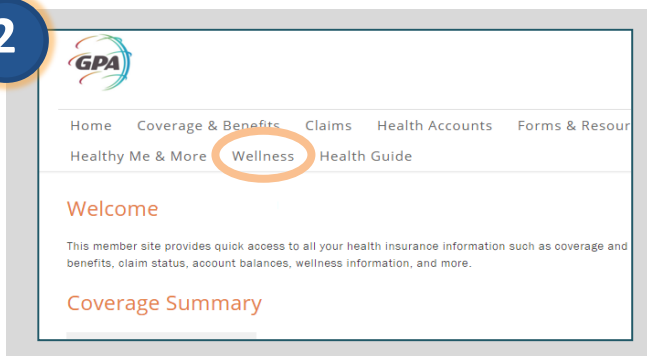
1



- Go to www.gpatpa.com
- Click on Members
- Enter your Username and Password and click **Login**

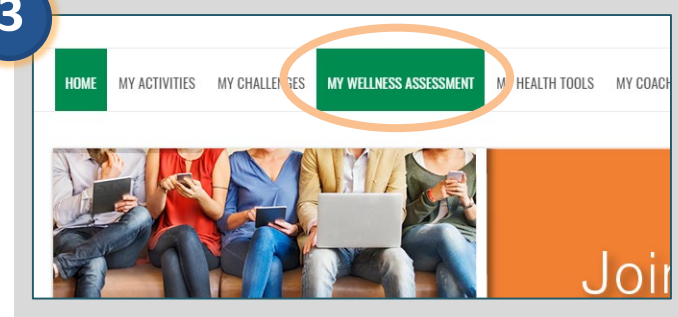
*If this is your first time visiting the GPA Website, click "Proceed to our sign up process" to create your account. You will need to enter your **Member ID (SSN)** and **Group Number (H870841)**. Follow the online instructions to complete the registration process.*

2



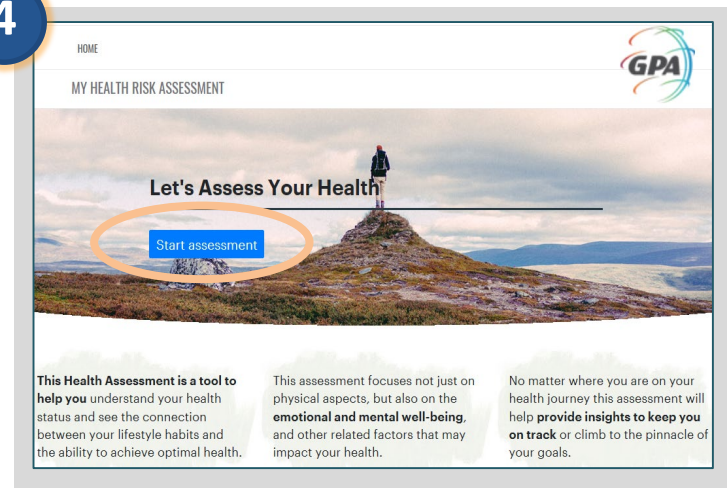
- From the Home Page of the GPA Member Portal, click **Wellness**

3



- Click on the **My Wellness Assessment** tab at the top of your wellness portal

4



- Click **Start Assessment!**
- You will see all assessment questions listed on the webpage. Once you answer all the questions, a green **complete** button will appear for you to select. Click the button to submit your answers and view your results. Your Wellness Points will update within 48 business hours.

