



- Better Care
- Better Health
- Lower Costs

Health Risk Assessment

USING THE MY MEMORIAL APP

GETTING STARTED IS EASY!

- 1 Visit **MyMemorialApp.com** or log in to the **My Memorial app** on your mobile device.
- 2 Follow the onscreen instructions to log in or sign up.
- 3 Once your account is created, visit the **Settings** screen to personalize your profile, add dependents and set preferences.
 - Access Settings by clicking the icon in the top right corner.



Download the My Memorial App to start your health journey.

APP STORE

GOOGLE PLAY

- 4 Connect to your Memorial Choice benefits.
 - Select **District 186** in the Current Employer field.
- 5 Complete your Health Risk Assessment.
 - Access the menu by clicking the icon in the top left corner.
 - Select **Check My Health**.
 - Click **Start Your Assessment** and **Request Biometric Screening**.

