



# Completing the Health Risk Assessment in My Pathway to Health



## How to complete the Health Risk Assessment



- 1 Log into My Pathway to Health via website or app:  
<https://www.mypathwaytohealth.com/>

- 2 Once logged in, your SRPMIC Action List should appear:

### Take Action

### Status

Attest to Completing the WellPath Orientation by 07/31/24

Complete OVF

Complete the Know Your Number Biometric Screening by 07/31/24

Schedule Now

[see more...](#)

Complete the Know Your Number (KYN) Health Risk Assessment by 07/31/24

Complete Now

[see more...](#)

- 3 Find the Complete the **Know Your Numbers (KYN) Health Risk Assessment** item in the Action List and click on "Complete Now".
- 4 You will be redirected to the Questionnaire page. Please allow yourself 8-15 minutes to complete the Health Risk Questionnaire.
- 5 Click "Complete KYN Now" to get started.

When complete your answers, combined with results from your biometric health screening, will be used to generate your personal Know Your Number® Disease Risk Tracker SCORE and Chronic Disease Risk Summary. You will receive an email alerting you when your personalized report is available. You will then be able to login using your secure My Pathway to Health portal to access your report.

*Congratulations, you have successfully completed your Health Risk Assessment!*



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[www.srpmic-nsn.gov/wellpath/kyn/](http://www.srpmic-nsn.gov/wellpath/kyn/)