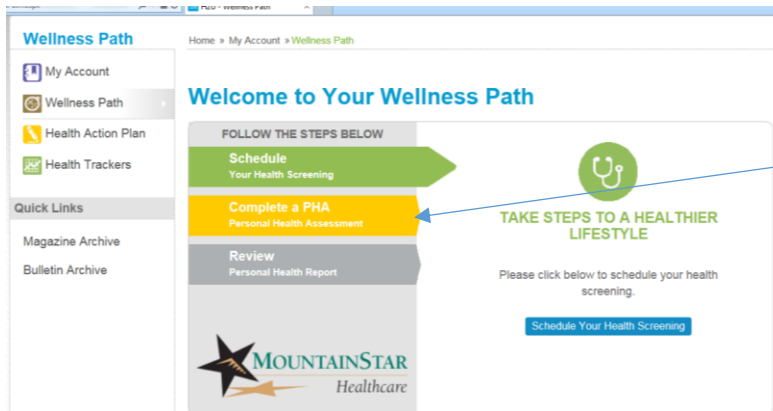


Instructions to Complete The Personal Health Assessment

If you need assistance please call HCA Customer Support- 800-771-0428

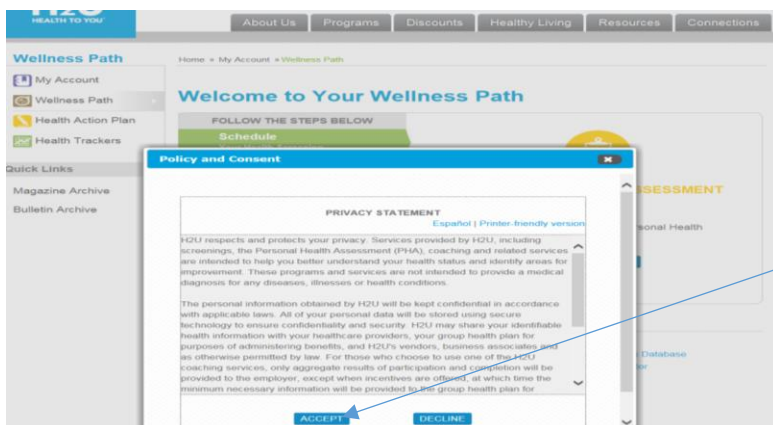
- 1- Log onto www.h2u.com/mountainstar
- 2- Log into your H2U account (same log in information you created when you scheduled your appointment).



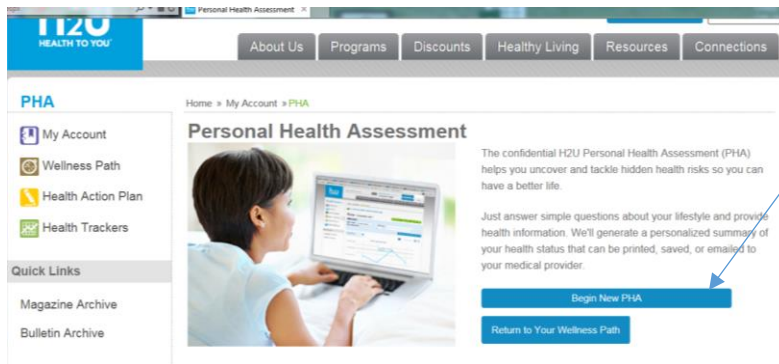
3- Click on "Complete a PHA"



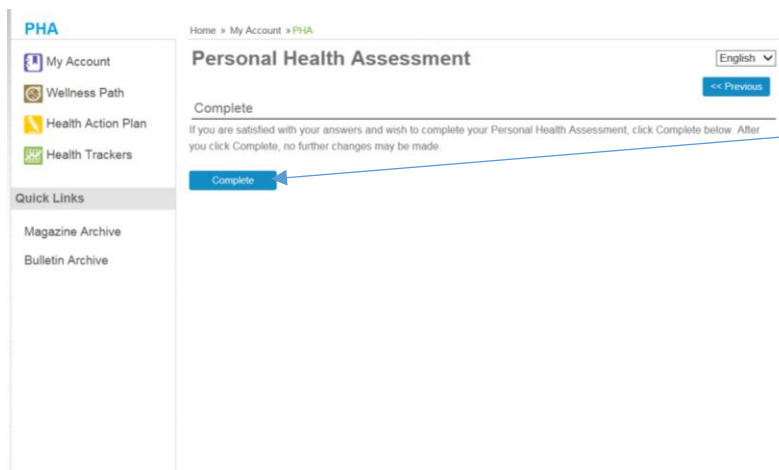
4- Click on "Start Your PHA"



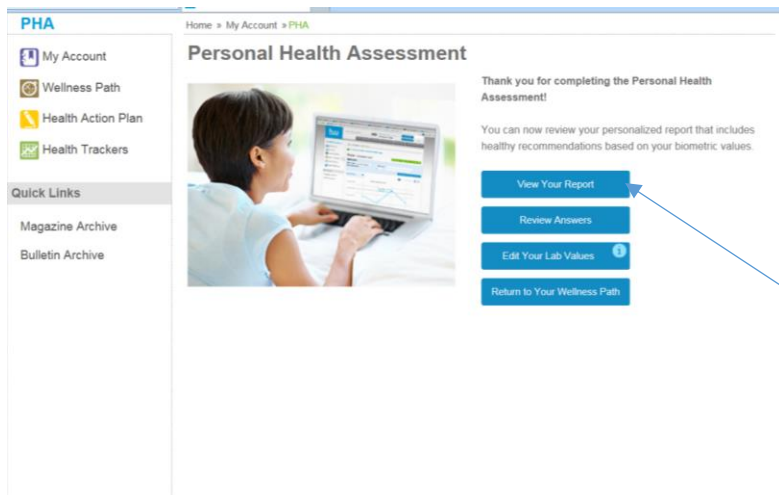
5- Click on "Accept"



5- Click on "Begin New PHA"



6- Click on "Complete"



This is the message you will receive when you have completed your assessment.

If you would like to view and print your results click here.

*Once you have completed the Personal Health Assessment please log out of your account. HCA will notify Weber School District that you have completed the online Personal Health Assessment.

Call Human Resources 801-476-7886 for further questions.