

Step #3: How to Complete the on-line Well Being Profile

- The Well Being Profile takes approximately 10 – 15 minutes to complete. You will receive rewards and a well-being profile that provides an overview of your healthy habits and areas for making positive change
- Register and log onto <https://myahabenefits.com/>
- If this is your first visit to the new website, you will need to register
- Please have your identification card on hand as you will need your member ID.
- Access Health & Well-Being tab
- Select “Complete my Well-being Profile” in the right column.
- Complete each section of the survey to receive your notification of completion and a PDF report of your well-being results

See screen shot below for guidance:

